



ERIE
COMMUNITY
CENTER



Program Guide

Winter/Spring 2009



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WELCOME

Wow – can you believe that we will be celebrating our one year anniversary already! With the first year come and gone and a new year starting your Recreation Team has been hard at work planning many different activities for your family to participate in during the winter/spring season. This guide will cover the months of January through May 2009.

We have a variety of programs such as adult volleyball, basketball, and softball, art classes, dance classes, Family Fun Nights as well as Parents Night Out! Already making summer plans? Starting on February 28 you may register for Erie Summer Camp – back again for our second year with even more days (Monday through Friday) and more activities.

Don’t forget about your health! Come check out Boot Camp Fitness or Mommy and Me Yoga. With those New Year’s Resolutions in place come try Triathlon Training for Beginners or our new Spring Fling Running Program.

This guide is packed with programs for the whole family; try something new! We want to thank you for a wonderful first year! We welcome your feedback at anytime. Have a wonderful Winter/Spring season at the Erie Community Center – see you soon!

Your Partner in Recreation,


Jill P. Wait
Parks & Recreation Director

Mission, Policies & Staff

PARKS & RECREATION DEPARTMENT MISSION

The Parks & Recreation Department inspires our community to come together, learn, grow and be active, healthy and well by delivering exceptional parks, open spaces, trails, facilities, programs and services.

POLICIES

COMMUNITY CENTER POLICIES

- All guests utilize the center and participate in activities at their own risk
- Children 9 years and younger must be directly supervised by an adult at all times, unless the child is participating in a center supervised program; please see Guest Service for specific policies regarding fitness equipment and children
- Please dress appropriately when in the center. Shoes and shirts are required at all times (except in the pool). Non-marking shoes are required in the gymnasium, racquetball courts, and fitness studio. Proper swim attire is required in the pool area (street clothes are prohibited). Athletic attire, including closed toed athletic shoes, are required in the fitness areas
- Guests are strongly encouraged to bring their own lock to secure clothing and valuables in lockers. Locks are also available for sale at Guest Service. Locks and property must be removed each night
- A valid form of identification is required for equipment check-out. Acceptable forms of ID include a center pass, school ID, or library card. Driver’s licenses, keys, and credit cards will not be accepted
- Tobacco and weapons are prohibited in the center
- Please be aware of and follow all posted center rules and guidelines

CODE OF CONDUCT

The Town of Erie expects reasonable and appropriate behavior from those who visit and use the center. The Parks & Recreation Department has established a code of conduct to ensure safety and enjoyment and reserves the right to deny admission and/or take disciplinary action against any individual violating the code of conduct. A violation includes, but is not limited to, the use of obscene language or gestures, disorderly conduct, theft, public intoxication, use of drugs, sexual misconduct, indecency, harassment, failure to cooperate with staff, possession of weapons of any kind, non-compliance with established policies and rules, an unlawful activity and any other behavior deemed offensive or unacceptable. Staff will enforce this code of conduct.

The Erie Community Center does not discriminate on the basis of age, race, sex, color, religion, national origin, disability, veteran status, sexual orientation or any other status protected by law.

We make every effort to ensure the accuracy of the information in this guide. Information is subject to change.

TOWN OF ERIE OFFICIALS AND STAFF

BOARD OF TRUSTEES

Mayor: Andrew J. Moore
Mayor Pro-Tem: Glenn Massarotti

Trustees:
Tina Harris
Cheryl Hauger
Paul Ogg
Harry Pink
Colin Townner

TOWN OFFICIALS

Town Administrator:
Mike N. Acimovic

STAFF

Parks & Recreation Director: Jill P. Wait
Parks Maintenance Superintendent: Ron Fletcher
Marketing/Special Events: Katie Rummel
Administrative Specialist: Amy Teetzel

Recreation Division Manager: Kris Wilson
Chief Recreation Coordinator: Ian Ferguson
Coordinator/Active Adults 60+: Diane Evans
Coordinator/Aquatics: Tom Casal
Coordinator/Fitness & Wellness: Erin Risius
Coordinator/General Programs: Matt LaPorte
Coordinator/Guest Service: Vacant
Coordinator/Sports: Brandy Taylor
Facility Maintenance Supervisor: Toby Shigley

Center Information

CONTACT INFORMATION

450 Powers Street
P.O. Box 1110
Erie, CO 80516
(303) 926-2550
www.eriecommunitycenter.com
info@eriecommunitycenter.com

CENTER HOURS OF OPERATION:

Monday - Friday 5:30 am - 10:00 pm
Saturday - Sunday 8:00 am - 6:00 pm

Center maintenance closure is planned for August 21 - 28. Please look for more information in the summer program guide.

2009 HOLIDAY HOURS:

New Year's Day	Jan 1	Closed
Easter Sunday	Apr 12	Closed
Memorial Day	May 25	8:00 am - 3:00 pm
4th of July	July 4	8:00 am - 3:00 pm
Labor Day	Sep 7	8:00 am - 3:00 pm
Thanksgiving Day	Nov 26	8:00 am - 3:00 pm
Christmas Eve	Dec 24	8:00 am - 3:00 pm
Christmas Day	Dec 25	Closed
New Year's Eve	Dec 31	8:00 am - 3:00 pm

FACILITY RENTALS

Looking for a place to hold your next function, meeting, or celebration? The multipurpose rooms, kitchen, indoor playground, climbing wall, gymnasium, fitness studio, and pool are all available for rental. For availability, please go to www.eriecommunitycenter.com or call the center. See page 30 for facilities and amenities.

RACQUETBALL

- Racquetball reservations are taken 48 hours in advance by contacting the center (No charge to passholders and day pass users)
- Racquetball goggles and racquet wrist straps are highly recommended.

EQUIPMENT CHECK OUT

A variety of equipment is available for check out including: basketballs, volleyballs, racquetball racquets, racquetballs and goggles, and climbing harnesses.

NEOS!

See back cover for more information!.

KIDSTATION HOURS OF OPERATION:

Monday - Thursday	8:00 am - 1:00 pm
Monday/Wednesday	4:30 pm - 8:30 pm
Tuesday/Thursday	5:00 pm - 8:30 pm
Friday	8:00 am - 1:00 pm
Saturday	8:00 am - 12:30 pm

- 1 hour minimum; 2 hour maximum
- Ages 6 months - 6 years
- Parents must remain in the center
- Free with Annual Pass

KIDS CLUB HOURS OF OPERATION:

Monday/Wednesday	4:30 pm - 8:30 pm
Tuesday/Thursday	5:00 pm - 8:30 pm

- 1 hour minimum; 2 hour maximum
- Ages 7 years - 9 years
- Parents must remain in the center
- Free with Annual Pass

KidStation and Kids Club Fees:

Resident	Non-Resident
\$3/hr for 1st child without annual pass; \$1.50 each addl child in same family	\$3.75/hr for 1st child without annual pass; \$2 each addl child in same family
40 Hour Punch Card = \$75 without annual pass	40 Hour Punch Card = \$95 without annual pass

MINI-MINERS INDOOR PLAYGROUND HOURS OF OPERATION:

Monday - Friday	8:00 am - 9:30 pm
Saturday - Sunday	8:00 am - 5:30 pm

- Play equipment is for children ages 9 and under; no children over 4 years in toddler area
- All children must be supervised by an adult at all times
- Socks must be worn at all times - no shoes

T-TOWN (TEEN ROOM) HOURS OF OPERATION:

Monday - Friday	2:30 pm - 9:30 pm
Saturday - Sunday	8:00 am - 5:30 pm

- T-Town is for ages 10-17
- Please follow posted instructions for use of all equipment and observe posted rules

Erie Community Center - Fees for 2009*

	Adult (18-59)	Youth (4-17)	Active Adult (60+)	Active Adult Couple (60+)	Couple	Family
Annual Pass						
Resident	\$349	\$175	\$209**	\$355**	\$595	\$685
Non-Resident	\$439	\$219	\$265**	\$445**	\$719	\$855
3 - Month Pass						
Resident	\$99	\$49	\$59	\$99	\$169	\$189
Non-Resident	\$125	\$59	\$75	\$125	\$215	\$235
20 - Visit Pass						
Resident	\$75	\$39	\$45	-	-	-
Non-Resident	\$89	\$49	\$55	-	-	-
10 - Visit Pass						
Resident	\$29	\$29	\$29	-	-	-
Non-Resident	\$35	\$35	\$35	-	-	-
Daily Admission						
Resident	\$4.50	\$2.25	\$2.70	-	-	\$10.00
Non-Resident	\$5.50	\$2.75	\$3.40	-	-	\$12.50

*Subject to change

Please call the center for information on group rates.

PASS INFORMATION

- ** = If you turn 60 within 3 months of starting an annual pass, you qualify for the active adult rate
- Couple = 2 adults residing at the same physical address
- Active Adult Couple = 2 persons residing at the same physical address - both of the age 60+
- Family = up to 2 adults and 2 children (17 or younger) residing at the same physical address; \$75 for each additional person
- Children 3 years and younger are free
- 10-Visit passes expire 3 months from purchase date
- 20-Visit passes expire one year from purchase date
- Annual passes may be paid by auto-debit. Please call the center for more information

CORPORATE PASSES

- Valid for Annual or 20-Visit passes only
- Applies to employees of businesses located within the town limits (with a business license) and their families
- Discounts applied to relevant Resident or Non-Resident rate
- Pay stub or letter from employer to validate
- 10% discount for 2-9 employees purchasing passes; 15% discount for 10-14; 20% discount for 15 or more

REDUCED RATE ASSISTANCE PROGRAM

The Town of Erie provides a program for eligible participants which will reduce pass fees and recreation activity participation fees at the center. Households that qualify for federally funded assistance programs are eligible. Please call the center for more information.

OFF-PEAK ANNUAL PASS

- Fee: R \$175 / NR \$219
- Pass is only valid between the hours of 1:30 pm and 3:30 pm, 7 days a week

WHAT IS INCLUDED IN PASS FEES AND DAILY ADMISSION FEES?

Pass fees and Daily Admission fees include use of the fitness and weight equipment, running track, locker rooms, racquetball courts (subject to availability), drop-in fitness classes, designated open gym, open swim and specified climbing times (see page 9). Age restrictions apply. Other center areas and programs may require additional fees. Access to T-Town, Mini-Miners indoor playground, and Columbine Lounge (ages 60+) is free of charge.

PASS REFUND/CANCELLATION POLICY

20-Visit passes, KidStation, Kids Club punch cards are non-refundable and non-transferable. 10-Visit passes are non-refundable but transferable.

Annual and 3-Month passes are subject to a cancellation fee:
\$50 for the 1st person
\$25 for the 2nd person
\$10 for each additional person

Annual passes purchased by auto-debit are subject to cancellation fee:
a \$25 fee and forfeiture of the last month's payment which has been paid in advance. Cancellation requests must be received by the 10th of the month. Cancellation requests received after the 10th of the month are subject to the cancellation fee in addition to forfeiture of the current month's first and last month's payment.

Lap Pool Schedule			Schedule January - May 2009 (subject to change)				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am	Lap Swim 3 Lanes 5:30-9	Lap Swim 3 Lanes 5:30-9	Lap Swim 3 lanes 5:30-9	Lap Swim 3 lanes 5:30-9	Lap Swim 3 lanes 5:30-9	Center Closed	Center Closed
6:00 am							
7:00 am							
8:00 am							
9:00 am	H ₂ O Aerobics 9-10	H ₂ O Aerobics 9-10	H ₂ O Aerobics 9-10	H ₂ O Aerobics 9-10	H ₂ O Aerobics 9-10	Lap Swim 2 lanes 8-12	Lap Swim 3 lanes 8-10
10:00 am	Arthritis Fdn. 10-11	Pre-Natal 10-11	Arthritis Fdn. 10-11	Pre-Natal 10-11	Arthritis Fdn. 10-11		
11:00 am	Lap Swim 3 lanes 11 - 1	Lap Swim 3 lanes 11 - 1	Lap Swim 3 lanes 11 - 1	Lap Swim 3 lanes 11 - 1	Lap Swim 3 lanes 11 - 1	Open Swim 12-5:30 Rope Swing 1-3	Open Swim 10-5:30 Rope Swing 1-3
12:00 pm							
1:00 pm	Open Swim 1-4	Open Swim 1-4	Open Swim 1-4	Open Swim 1-4	Open Swim 1-4		
2:00 pm							
3:00 pm							
4:00 pm	Lap Swim 3 lanes 4-6	Lap Swim 2 lanes 4-7	Lap Swim 3 lanes 4-6	Lap Swim 2 lanes 4-7	Lap Swim 3 lanes 4-7	Center Closed	Center Closed
5:00 pm							
6:00 pm	H ₂ O Aerobics 6-7		H ₂ O Aerobics 6-7				
7:00 pm	Rope Swing 7-8	Rope Swing 7-8		Rope Swing 7-8	Rope Swing 7-8		
8:00 pm	Lap Swim 2 Lanes 8-9:30	Open Swim 8-9:30	Lap Swim 2 Lanes 8-9:30	Open Swim 8-9:30	Open Swim 8-9:30		
9:00 pm							
9:30 pm							

Play Features Schedule			January - May 2009 (subject to change)				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am	Lazy River Adults Only 5:30 - 8	Lazy River Adults Only 5:30 - 8	Lazy River Adults Only 5:30 - 8	Lazy River Adults Only 5:30 - 8	Lazy River Adults Only 5:30 - 8	Center Closed	Center Closed
6:00 am							
7:00 am							
8:00 am	H ₂ O Walking 8-9	H ₂ O Walking 8-9	H ₂ O Walking 8-9	H ₂ O Walking 8-9	H ₂ O Walking 8-9	Swim Lessons 8-12	Lazy River Adults Only 8-10
9:00 am	Closed Swim Lessons 9-11	Open Swim 9-12 All Features On	Closed Swim Lessons 9-11	Open Swim 9-12 All Features On	Open Swim 9-9:30 All Features On		Open Swim 10-5:30 All Features On
10:00 am							
11:00 am	Open Swim 11-9:30 All Features On	H ₂ O Walking 12-1	H ₂ O Walking 12-1				
12:00 pm							
1:00 pm				Open Swim 1-4 All Features On		Open Swim 1-4 All Features On	
2:00 pm							
3:00 pm							
4:00 pm				Open Swim 11-9:30 All Features On		Closed Swim Lessons 4-6:15	Open Swim 9-9:30 All Features On
5:00 pm							
6:00 pm							
7:00 pm							
8:00 pm	Open Swim 7-9:30 All Features On	Open Swim 7-9:30 All Features On					
9:00 pm							
9:30 pm							

PLAY FEATURES INCLUDE, SLIDE, LAZY RIVER, AND PLAY STRUCTURE.

AQUATICS PROGRAMS

SWIMMING LESSONS

PARENT/CHILD AGES - 6 MONTHS - 3 YEARS

Classes will run for 30 minutes and will have a 1:8 teacher to student ratio.

Aquatot
At least one adult must be in the water with the child. Aquatot will consist of individualized skill progression mixed with group activities. Class will focus on parent/child safety in the water.

PRESCHOOL - AGES 3 - 5 YEARS

Classes will run for 30 minutes. Preschool lessons will strive for a 1:4 teacher to student ratio.

Angelfish
Participants will become comfortable putting their face in the water and learn to float independently on their front and back.

Sunfish
Participants who are comfortable in the water and can float independently, will learn the basics of swimming on front and back without putting their feet on the bottom of the pool.

Goldfish
Participants who can swim 15 meters continuously on front and back without stopping will learn breathing techniques for the beginning strokes and become adjusted to deep water.

YOUTH LESSONS - AGES 6 - 14 YEARS

The following American Red Cross lessons run 30 minutes. These lessons strive for a 1:6 teacher to student ratio.

Level 1: Introduction to Water Skills
Level 1 is for participants who are not able to swim or are not comfortable in the water. Participants will become comfortable putting their face in the water and learn to float independently on their front and back.

Level 2: Fundamental Aquatic Skills
Participants who are comfortable in the water and can float independently, will learn the basics of swimming on front and back without putting their feet on the bottom of the pool.

Level 3: Stoke Development
Participants who can swim 15 meters continuously on front and back without stopping will learn breathing techniques for swimming strokes and become adjusted to deep water.

Level 4: Stroke Improvement
Participants that can swim front and back crawls with proper breathing techniques will increase swimming distance and confidence as well as begin to learn the basics of additional competitive swimming skills, flip turns, and diving.

Level 5: Stroke Refinement
Participants will continue to work on technique and increase their endurance to 50 meters or more and learn additional flip turns and other competitive swimming skills.

Stroke Clinic (ages 8-16)
Designed for swimmers who can swim at least 50 meters. Stroke clinic will refine swimming skills for lifelong success in the water.

ADULT LESSONS - AGES 18+

Adult Swim Lessons
It is never too late to learn to swim or improve your skills. This class is for all abilities and offers individualized instruction within a supportive group environment.

Day:	Monday
Dates:	6431.110 - January 5 - February 23 6431.120 - March 2 - April 20
Time:	8:00 - 8:30 pm
Fee:	R \$40 / NR \$50

Adult Stroke Technique Class
Looking to streamline your strokes? This class will work on techniques to help you swim the main competition strokes easier and more efficiently.

Day:	Monday
Dates:	6430.110 - January 5 - February 23 6430.120 - March 2 - April 20
Time:	8:35 - 9:05 pm
Fee:	R \$40 / NR \$50

PRIVATE LESSONS		
Private lessons are offered on an instructor available basis. Please contact the center for more information.		
1/2 Hour Lessons	Resident	Non-Resident
1 Private Lesson (6420.100)	\$20	\$25
3-Pack Private Lesson (6422.100)	\$54	\$68
1 Semi-Private Lesson (6421.100)	\$20	\$25
3-Pack Semi-Private Lesson (6423.100)	\$54	\$68

Swimming Lessons (cont.)

MONDAY - WEDNESDAY AM					
JANUARY		JAN. 5 - JAN. 28	4 WEEKS	R \$40 / NR \$50	
FEBRUARY		FEB. 2 - FEB. 25	4 WEEKS	R \$40 / NR \$50	
MARCH		MAR. 2 - MAR. 25	4 WEEKS	R \$40 / NR \$50	
APRIL		APR. 6 - APR. 29	4 WEEKS	R \$40 / NR \$50	
CLASS	TIME	JANUARY	FEBRUARY	MARCH	APRIL
AQUATOT	10:45 am	6400.110	6400.120	6400.130	6400.140
ANGELFISH	9:00 am	6410.110	6410.120	6410.130	6410.140
	9:35 am	6410.111	6410.121	6410.131	6410.141
SUNFISH	9:35 am	6411.110	6411.120	6411.130	6411.140
	10:10 am	6411.111	6411.121	6411.131	6411.141
GOLDFISH	9:00 am	6412.110	6412.120	6412.130	6412.140
	10:10 am	6412.111	6412.121	6412.131	6412.141

TUESDAY/THURSDAY PM					
JANUARY		JAN. 6 - JAN. 29	4 WEEKS	R \$40 / NR \$50	
FEBRUARY		FEB. 3 - FEB. 26	4 WEEKS	R \$40 / NR \$50	
MARCH		MAR. 3 - MAR. 26	4 WEEKS	R \$40 / NR \$50	
APRIL		APR. 7 - APR. 30	4 WEEKS	R \$40 / NR \$50	
CLASS	TIME	JANUARY	FEBRUARY	MARCH	APRIL
ANGELFISH	4:00 pm	6410.112	6410.122	6410.132	6410.142
	5:10 pm	6410.113	6410.123	6410.133	6410.143
	5:45 pm	6410.114	6410.124	6410.134	6410.144
SUNFISH	4:00 pm	6411.112	6411.122	6411.132	6411.142
	5:10 pm	6411.113	6411.123	6411.133	6411.143
GOLDFISH	4:35 pm	6412.112	6412.122	6412.132	6412.142
	5:45 pm	6412.113	6412.123	6412.133	6412.143
LEVEL 1	4:00 pm	6401.110	6401.120	6401.130	6401.140
LEVEL 2	4:35 pm	6402.110	6402.120	6402.130	6402.140
LEVEL 3	4:35 pm	6403.110	6403.120	6403.130	6403.140
LEVEL 4	5:10 pm	6404.110	6404.120	6404.130	6404.140
STROKE CLINIC	5:45 pm	6408.110	6408.120	6408.130	6408.140

Lifeguard Training Certification (ages 15+)		Water Safety Instructor Training (ages 16+)	
Courses provide a generalized overview of lifeguarding skills and practices. CPR/AED/First Aid for the Professional Rescuer included. Swimming Skills pretest involves: Swimming 300 meter continuous swim -100 meter front crawl, 100 meter breast stroke, 100 meter choice between front crawl or breast stroke. Registration ends one week prior to start of class.		Become eligible to teach American Red Cross swim lessons! Pre-Requisite: 16 Years old on or before the last day of class, proficient front crawl, back crawl, breaststroke, sidestroke, elementary backstroke and butterfly. Learn the techniques and skills necessary to be an American Red Cross Instructor. Fundamentals of Instructor Training certification, a Pre-Requisite class required to be a Red Cross instructor is included with this class. You must bring proof of age to the first class.	
Day:	Monday - Friday	Day:	Tuesday, Thursday, & Saturday
Dates:	6450.100 - March 30 - April 3	Dates:	6461.100 - April 7 - April 23
Time:	9:00 am - 5:00 pm	Time:	8:00 am - 5:00 pm
Fee:	R \$120 / NR \$150	Fee:	R \$130 / NR \$165

Swimming Lessons (cont.)

SATURDAY AM			
JANUARY	JAN. 10 - FEB. 28	8 WEEKS	R \$40 / NR \$50
MARCH	MAR. 7 - MAY 2	8 WEEKS	R \$40 / NR \$50
CLASS	TIME	JANUARY	MARCH
AQUATOT	9:35 am	6400.112	6400.122
	10:10 am	6400.113	6400.123
ANGELFISH	9:00 am	6410.116	6410.126
	10:10 am	6410.117	6410.127
	10:45 am	6410.118	6410.128
	11:20 am	6410.119	6410.129
SUNFISH	9:00 am	6411.116	6411.126
	9:35 am	6411.117	6411.127
	10:10 am	6411.118	6411.128
	11:20 am	6411.119	6411.129
GOLDFISH	9:00 am	6412.116	6412.126
	10:45 am	6412.117	6412.127
LEVEL 1	9:00 am	6401.111	6401.121
LEVEL 2	9:35 am	6402.111	6402.121
	10:45 am	6402.112	6402.122
LEVEL 3	9:35 am	6403.111	6403.121
LEVEL 4	10:10 am	6404.111	6404.121
LEVEL 5	10:45 am	6405.111	6405.121
STROKE CLINIC	11:20 am	6408.111	6408.121

AQUATICS FITNESS CLASSES


Please see pool schedule for times. Children ages 13 -17 may participate in **H₂O Aerobics** and **H₂O Walking** if accompanied by an adult.

H₂O Aerobics
Join us for a total body workout that will physically challenge you! The engaging instructors will help you tone those muscles with our brand new aquatic fitness equipment. This high energy session will improve all aspects of cardiovascular health. Our certified instructors will guide you through a dynamic and inspiring group exercise program. All skill levels welcome. Sessions designed for you to work at your own pace.

H₂O Walking
This resistance and low impact training in our lazy river will focus on strength over endurance. Attending this class will involve you and build your core strength along with all aspects of natural movement. Our instructors will keep you moving and keep those heart rates up while having fun. You won't want to stop exercising!

Arthritis Foundation Water Exercise
Nearly 46 million Americans have been diagnosed with a form of Arthritis. Come join our Arthritis foundation water exercise classes which will keep joints moving, reduce joint pain, restore and preserve strength and flexibility and protect joints against further damage.

Pre/Post Natal Fitness
Pre-Natal water aerobics is designed for pre or post-natal women who want a safe and effective way to stay in shape. Enjoy a fun, relaxing, low impact workout in the water! This class includes cardiovascular conditioning, flexibility, strengthening, and spine stabilization. Participants need a doctor's release prior to participating in this class.

SCUBA

Discover SCUBA (ages 10+)
Introductory class offered each week. All equipment provided. Call Erie Scuba @ (303) 339-0723 for more details.

Weekend SCUBA class for Scuba Certification
For class times and registration contact Erie Scuba at (303) 339-0723 or www.eriescuba.com


Weekend SCUBA class for Scuba Certification
For class times and registration contact Flatirons Scuba at (303) 469-4477 or www.flatironsScuba.com

Climbing Wall

Climbing Wall Schedule			Schedule January - May 2009 (subject to change)									
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
Open	Unsupervised Open Climb Open - 5					Parent/Child 9-10*	Unsupervised Open Climb Open-12					
10:00 am						Mini Climbers 10-11*						
11:00 am						Youth Climbers 11-12*						
12:00 pm						Supervised Open Climb & Birthday Parties 12-5				Supervised Open Climb & Birthday Parties 12-5		
1:00 pm												
2:00 pm												
3:00 pm												
4:00 pm												
5:00 pm	Mini Climbers* 5-6	Unsupervised Open Climb 5-9:30	Mini Climbers* 5-6	Unsupervised Open Climb 5-6	Supervised Open Climb 5-8	Center Closed						
6:00 pm	Youth Climbers* 6-7	Belay Cert. 6-8:30* Jan. 20 & 27 Mar. 10 & 17 May 12 & 19	Youth Climbers* 6-7	Teen Climbers 6-7*								
7:00 pm	Unsupervised Open Climb 8-9:30		Supervised Open Climb 5-8	Adult Climbers 7-8:30*	Unsupervised Open Climb 8-9:30							
8:00 pm			Unsupervised Open Climb 8-9:30	Unsupervised Open Climb 8:30-9:30								
9:00 pm												
9:30 pm												

- Pass or daily admission required for all open climb times
- Unsupervised Open Climb - Wall is open to ECC certified climbers only. No staff available for belay
- Supervised Open Climb - Wall is open to all users. All uncertified climbers must purchase a belay ride at Guest Service
- Depending on size of classes, certified climbers will be allowed to climb during scheduled class times
- Children ages 3 -14 may climb during any open climbing wall hours only if they are accompanied by a parent/guardian who is a certified climber
- Children ages 15+ may climb during any open climbing wall hours if they are certified climbers
- * Climbing Classes - depending on class size wall may not be available for climbing

Climbing Wall Certification Test (ages 15+)

Climbing Wall Certification Tests are available Monday, Wednesday, Friday, 5:00 pm - 8:00 pm for experienced climbers 15+ who wish to receive a climbing certification. Climbing certification will allow a climber to use the wall during supervised and unsupervised center hours.

Day: Tuesday
Dates: 8610.101 - January 20 & January 27
8610.103 - March 10 & March 17
8610.105 - May 12 & May 19
Time: 6:00 - 8:30 pm
Fee: R \$39/ NR \$49

Belay Certification (ages 15+)

This belay certification course will teach participants proper belay technique, knot tying, equipment/gear use, commands, and lowering technique. Participants must attend both classes. All participants who attend and pass the class will receive an ECC climbing certification card. This certification card will allow individuals to climb, belay, and/or boulder during open climbing wall hours with a valid pass or daily admission.

CLIMBING WALL PROGRAMS

Parent / Child Climb (ages 3-5)

An opportunity for parents to participate with their child in an introductory level rock climbing course. No experience needed. Climbing safety, commands, and techniques will be introduced. Parents will not be taught how to climb or belay, but rather how to work together with their child on the climbing wall. Parents will learn how to put on their child's harness, spot their child, as well as cheer on and support their child. Parents that are ECC certified climbers will be able to belay for their child. Parent attendance is mandatory for all classes. Closed toe shoes required.

Day: Saturday
Dates: 8660.101 - January 10 - February 7
8660.102 - February 21 - March 21
8660.104 - April 11 - May 9
Time: 9:00 - 10:00 am
Fee: R \$39 / NR \$49

Mini Climbers (ages 6-8)

This is a great class for youngsters of all levels of climbing ability. Participants will learn teamwork, balance, coordination, commands, technique, and much more. Closed toe shoes are required.

Day: Monday
Dates: 8631.101 - January 5 - February 2
8631.102 - February 16 - March 16
8631.104 - April 6 - May 4
Time: 5:00 - 6:00 pm
Fee: R \$39 / NR \$49

Day: Wednesday
Dates: 8630.101 - January 7 - February 4
8630.102 - February 18 - March 18
8630.104 - April 8 - May 6
Time: 5:00 - 6:00 pm
Fee: R \$39 / NR \$49

Day: Saturday
Dates: 8632.101 - January 10 - February 7
8632.102 - February 21 - March 21
8632.104 - April 11 - May 9
Time: 10:00 - 11:00 am
Fee: R \$39 / NR \$49



Youth Climbers (ages 9-12)

Safety, technique, and basic movements are the main focus of this class. Participants will be taught how to utilize their strength and balance while climbing. This class is perfect for those children who do not have rock climbing experience or those that do have experience but need further guidance. Closed toe shoes required.

Day: Monday
Dates: 8640.101 - January 5 - February 2
8640.102 - February 16 - March 16
8640.104 - April 6 - May 4
Time: 6:00 - 7:00 pm
Fee: R \$39 / NR \$49

Day: Wednesday
Dates: 8641.101 - January 7 - February 4
8641.102 - February 18 - March 18
8641.104 - April 8 - May 6
Time: 6:00 - 7:00 pm
Fee: R \$39 / NR \$49

Day: Saturday
Dates: 8642.101 - January 10 - February 7
8642.102 - February 21 - March 21
8642.104 - April 11 - May 9
Time: 11:00 am - 12:00 pm
Fee: R \$39 / NR \$49

Teen Climbers (ages 12-15)

Discover the challenge and excitement of rock climbing! A fun and enjoyable climbing class for teens interested in the sport of rock climbing. Instructors will cover belay techniques, safety precautions, how to use a rope, and how to climb responsibly. Closed toed shoes required.

Day: Thursday
Dates: 8650.101 - January 8 - February 5
8650.102 - February 19 - March 19
8650.104 - April 9 - May 7
Time: 6:00 - 7:00 pm
Fee: R \$39 / NR \$49

Adult Intro to Climbing (ages 15+)

Participants will learn a variety of climbing techniques, terminology, equipment use, and will become belay certified. Enhance your skills or develop new ones. Closed toed shoes required.

Day: Thursday
Dates: 8680.101 - January 8 - February 5
8680.102 - February 19 - March 19
8680.104 - April 9 - May 7
Time: 7:00 - 8:30 pm
Fee: R \$39 / NR \$49

Fitness & Wellness

GROUP FITNESS

The Erie Community Center offers a wide variety of group fitness classes, all taught by certified, experienced, and inspiring instructors. There are two ways you can participate in group fitness classes including:

- Drop-In classes that are included with your pass or daily admission fee (see list below)
- Session Based Classes (additional fee required)

Please go to www.eriecommunitycenter.com or contact the center for the latest group fitness schedule.

Children ages 13 -17 may participate in most Group Fitness classes if accompanied by an adult.

DROP-IN CLASS DESCRIPTIONS

BODYPUMP™ is hailed as the "Fastest Way in the Universe to Get in Shape." This is a strength and endurance training class where muscles collide! Low on complexity but high in fun, BODYPUMP™ has all of the benefits of traditional weight training combined with time efficiency and predictability.

RPM™ is a fun, athletic, cardiovascular cycling workout that kills calories in record time, up to 600 in a single ride. It provides a lightning quick improvement in endurance as well as a fast boost in lower body strength.

Ab/Core/Strength

Class consists of abdominal/core strengthening as well as arm and leg strengthening and toning. Each class will use a variety of exercises to help you become lean and strong.

All Levels Hatha Yoga

Basic to extensive yoga experience is appropriate for this class in which poses will be taught with suggestions for both minimizing and maximizing the intensity. An exploration of forward and backward bends, twists, balance poses, inversions, relaxation and breathwork will be included.

AM Yoga/Yoga

Yoga views health as a unity of body, mind and spirit and includes a wide variety of yoga postures, breathing exercises, relaxation and meditation techniques. This class is a beginner/intermediate level class.

Beginning Yoga II

Basic yoga experience is preferred for this class and participants need to have some experience with sun salutations and standing poses, or have taken the 6-week Beginning Yoga I class.

Cardio Circuit

This is a class combination of step aerobics, kickboxing and stretching. The choreography is varied with aerobics moves and all over body toning exercises.

Cardio Kickboxing

This class is the ultimate cardiovascular challenge, complete with a sport specific warm-up, bouts of intense intervals, easy to follow combinations, and kickboxing-specific strength/endurance training.

Cardio/Strength

The first half of this class is a cardio workout with intermediate step aerobics. The second half focuses on strengthening the core, upper and lower body muscles utilizing the ball, bands and dumbbells for a complete body workout.

ECC Riders

This indoor cycle-training class will ensure that you are prepared for spring and summer outdoor rides, whether it is on your own or with the ECC riders, Erie's first outdoor cycling club.

Intermediate Hatha Yoga

Prior experience with yoga is required for this class. Participants need stamina and strength to do a number of poses in succession as the pace of the class will be faster than Beginning Yoga II.

Interval Training

This is a high energy, high intensity workout that combines cardio drills, strength training, balance, coordination, and core strength into a workout your body will love. Class format varies week to week to keep you on your toes.

Pilates

Pilates is a rhythmic, flowing, and focused exercise. The pilates routine connects one movement to the next, building greater endurance, flexibility, strength, and performance.

Step and Fitball

A workout consisting of challenging step aerobics and conditioning. Creative choreography keeps you going for an overall step workout.

Step and Kick

Join us for this exciting, intermediate level class consisting of step aerobics, kickboxing and some strengthening exercises.

Step/Sculpt

This class combines traditional step combos with weights, resistance bands, bosus, and stability balls for a total body workout.

Stretch & Tone

This class begins with gentle stretching and range of motion training, followed by balance work, light weight training and strengthening exercises to increase bone density.

Stroller Fitness

This stroller-based fitness class is designed to help moms or dads get fit. This one hour class combines cardio, core strengthening, and overall toning.

Total Body Workout

An aerobic workout suited for the fitness enthusiast who wants a great cardio workout without the jarring movements of a high impact class.

Zumba™

This class is a fusion of Latin and International dance music themes that create an exciting, unique and fun fitness class! The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body.

ADULT SESSION BASED PROGRAMS

Boot Camp Fitness (ages 18+)

This challenging strength and conditioning class will get you into peak physical condition by integrating functional strength training, cardio intervals and core strengthening. A wide range of indoor and outdoor drills (seasonally) will be the focus of this class. Participants are entitled to a free before and after body composition analysis (lean body mass to fat ratio via the bioelectrical impedance system) and those who participate in all three 6-week sessions will receive an ECC prize package. Interested? Come try the first class for FREE!

Day: Monday and Wednesday
 Dates: 7526.101 - January 12 - February 18
 7526.102 - February 23 - April 1
 7526.104 - April 6 - May 13
 Time: 6:00 - 7:00 am
 Fee: R \$59 / NR \$69

Weight Training for Women (ages 18+)

This class is for women who want to learn the basics of weight training with a combination of weight machines and free weights. In 6 sessions you will learn a variety of strengthening exercises for every major muscle group in the body.

Day: Thursday
 Date: 7512.101 - January 8 - February 12
 7512.103 - March 5 - April 19
 Time: 6:00 - 7:00 pm

Day: Tuesday
 Date: 7512.102 - January 13 - February 17
 7512.104 - April 7 - May 12
 Time: 9:00 - 10:00 am
 Fee: R \$49 / NR \$59



Prenatal Yoga (ages 18+)

Yoga for expecting moms promotes a deeper understanding of your body, and the changes it is going through. It builds the endurance and strength you need for your upcoming labor and delivery and extra focus will be made on strengthening the uterus and pelvic floor as well as on bringing awareness to the breath. Yoga can help alleviate many of the discomforts of pregnancy, while bringing you closer to the new life inside you.

Day: Wednesday
 Dates: 7519.101 - January 14 - February 18
 7519.103 - March 4 - April 8
 7519.104 - April 15 - May 20
 Time: 5:00 - 6:15 pm
 Fee: R \$49/ NR \$59

Mommy and Me Yoga - 6 weeks to pre-crawling (ages 18+)

Mommy and Me Yoga focuses on strengthening the bond between mother and child while also helping to tone mom's postnatal muscles. Using interactive, slow-moving postures, the class is ideal for moms and babies 6 weeks to pre-crawling. Bring a blanket for your baby, and whatever toys or bottles you might use to keep your baby soothed.

Day: Friday
 Dates: 7524.101 - January 9 - February 13
 Time: 10:30 - 11:30 am
 Fee: R \$49 / NR \$59

Mommy and Me Yoga - Crawling to 18 mos (ages 18+)

This yoga class is for more active babies and focuses on strengthening the bond between mother and child through yoga poses and fun activities that will engage the child. As moms stretch and tone, their children will have fun with developing their own coordination with mom's help. Bring a blanket for your baby, and whatever toys or bottles you might use to keep your baby soothed.

Day: Friday
 Dates: 7530.103 - March 6 - April 10
 Time: 10:30 - 11:30 am
 Fee: R \$49 / NR \$59

Qigong (ages 18+)

Qigong is an ancient practice of energy cultivation, which allows one to access their 'healer within'. This powerful, yet simple body/mind/spirit practice includes gentle rhythmic body movements, breath work, and meditation. The positive effects of Qigong include a increased sense of overall well-being and improved health. This class is taught by certified Qigong instructor and acupuncturist, Randi Savage, RN, MS, L.Ac.

Day: Friday
 Dates: 7522.101 - January 12 - February 16
 7522.103 - March 2 - April 6
 Time: 1:00 - 2:00 pm
 Fee: R \$69 / NR \$86



Fitness & Wellness (cont.)

De-Stress Acupuncture Clinic (ages 18+)

Stressed out? In pain? Can't sleep? De-stress acupuncture follows a protocol where five needles are inserted into each ear to help reduce stress, tension, anxiety, and pain while improving sleep. The De-Stress Protocol is done in a community style setting, so several people are treated in the same room to enhance and deepen the healing experience. Treatments are 30-60 minutes depending on your time and schedule and each session is facilitated by Licensed Acupuncturist Randi Savage, RN, MS.

Day: Wednesday
Dates: 7518.101 - January 14 - February 14
7518.103 - February 25 - March 4
7518.104 - April 1 - April 22
Time: 4:00 - 6:00 pm
Fee: R \$59/ NR \$69

Golf Conditioning and Core Stabilization - Level 1 (ages 16+)

A strong, stable and flexible core is the quickest way to improve any golf game. This class will help you to stabilize your core, improve your balance and will provide you with exercises that will help you to lower your golf score. Class taught by Jerry Siravo, Certified Strength and Conditioning Specialist and Golf enthusiast.

Day: Thursday
Dates: 7521.101 - January 15 - February 5
7521.102 - February 12 - March 5
Time: 6:00 - 7:00 pm
Fee: R \$79/ NR \$99

Golf Conditioning and Core Stabilization - Level 2 (ages 16+)

This class will build on the foundation created in Level 1. The exercises are more advanced as are the benefits (completion of Level 1 class is required).

Day: Thursday
Dates: 7523.102 - February 12 - March 5
Time: 7:00 - 8:00 pm
7523.103 - March 19 - April 9
Time: 6:00 - 7:00 pm
Fee: R \$79/ NR \$99

Golf Conditioning and Core Stabilization - Level 3 (ages 16+)

This class puts the finishing touches on building your core strength and flexibility for golf season. The last class of this session will take place at a local golf range (completion of Level 1 and Level 2 classes are required).

Day: Thursday
Dates: 7529.104 - March 19 - April 9
Time: 7:00 - 8:00 pm
Fee: R \$79/ NR \$99



Spring Fling Running Program (ages 18+)

Do you want to increase your physical fitness? Have you ever wanted to transition into running, but wondered how to do it safely and effectively? This beginner running program will meet twice per week and will focus on run/walk sessions to help your body ease into the sport of running. The focus of this class will be to prepare you for the Erie Spring Fling Race Series and is facilitated by Certified Personal Trainer and local runner, Doug Croft. Each registrant will receive a Team Erie moisture wicking t-shirt and a water bottle.

Day: Wednesday & Friday
Dates: 7528.102 - February 4 - March 27
7528.104 - April 8 - May 29
Time: 8:00 - 9:00 am
Fee: R \$59/ NR \$69

Triathlon Training for Beginners (ages 16+)

Have you ever wanted to participate in a triathlon? This class is aimed at the beginner and will cover all areas of a triathlon, so the swim, bike, run, and transitions. This class will provide motivation and camaraderie in a fun and supportive environment and will prepare you for the Ft. Collins Club Triathlon in May. Each participant will receive a Team Erie moisture wicking t-shirt upon completion of this class. There is a FREE informational meeting on Wednesday, March 18th at 6:00 pm to meet the instructor and to get more information about the class.

Day: Saturday
Dates: 7525.103 - March 21 - May 9
Time: 8:00 - 9:30 am
Fee: R \$89/ NR \$112

RUNNING CLUB

Erie Community Center Running Club (ages 13+)

Join the Erie Community Center running group. All ability levels are welcome. Find a group to run with at your pace. Weekly running routes will be coordinated by the group. Running group steering committee needed, bring your favorite local runs and help organize the group! Contact Matt LaPorte, Recreation Coordinator/General Recreation at mlaporte@erieco.gov to be added to the club email list.

Day: Tuesday/Thursday/Sunday
Dates: January 12 - May 9
Time: Tuesday/Thursday - 6:00 pm
Sunday - 8:00 am

Fee: FREE

PERSONAL TRAINING

Let a Nationally Certified Personal Trainer help you get the most from your workouts. Work one-on-one or bring a friend and we'll help you reach your fitness goals. You will learn various exercises that build strength and endurance, enhance body composition, and improve overall cardiovascular fitness. Personal training sessions are made by appointment only.

PERSONAL TRAINING FEES (AGES 16+)

	Resident	Non-Resident
1 Session	\$39	\$49
3 Sessions	\$115	\$145
6 Sessions	\$225	\$279
12 Sessions	\$425	\$529

SEMI-PRIVATE PERSONAL TRAINING FEES (AGES 16+) * Per Person

	Resident	Non-Resident
1 Session	\$29 *	\$39 *
3 Sessions	\$85 *	\$109 *
6 Sessions	\$169 *	\$209 *

*All packages are non-transferable and expire one year after purchase date

* Group personal training is limited to 2 participants

FITNESS EQUIPMENT ORIENTATIONS (AGES 15+)

Fitness equipment orientations are provided at no charge to pass holders and day users. Our fitness staff will provide an orientation and demonstration of the cardiovascular and Nautilus One™ weight machines. Safety and etiquette will be highlighted. Orientations are 30 minutes.

Pass holders may schedule a separate orientation for the FitLinxx™ system – a computerized personal trainer. FitLinxx™ takes the guess work out of exercise by providing the user with access to their unique fitness program information. FitLinxx™ tracks range of motion, appropriate weight and repetition for each machine, equipment settings, aerobic workouts, and provides workout summaries. Users can also access their personal FitLinxx™ information on the internet anytime. FitLinxx™ orientations are 30 minutes.

Please call the center to schedule your orientations.

FITNESS ASSESSMENTS (AGES 18+)

Fitness Assessments will include body composition measurement, cardiovascular, flexibility, and strength tests, and consultation with a personal trainer. Assessments are one hour. Please call the center to schedule your assessment.
Fee: R \$35 / NR \$43

BODY FAT & LEAN BODY MASS TESTING (AGES 18+)

You never have to get pinched by calipers again! We now offer the latest in technology for body fat testing with the bioelectrical impedance measurement system. This instrument measures your lean body mass to fat ratio (metabolism). Since a healthy metabolism is crucial for optimal health and weight loss, this test will be important for anyone striving to lose weight. This measurement system is quick, noninvasive, comprehensive and best of all, affordable. By appointment only - call the center for details.

Fee: R \$15 / NR \$18

YOUTH FITNESS EQUIPMENT POLICY (AGES 11-14)

To use cardio equipment/track only:

Ages 11-12 must complete an orientation with a Fitness Staff (parent/guardian must be present and sign waiver): then may use areas with adult supervision.

Ages 13-14 must complete an orientation with a Fitness Staff (parent/guardian must be present and sign waiver): then may use areas without adult supervision.

To use Nautilus One™ weight machines:

Ages 11-12 must complete a Youth Fitness Equipment Certification (parent/guardian must sign waiver): then may use machines with adult supervision.

Ages 13-14 must complete a Fitness Equipment Certification (parent/guardian must sign waiver): then may use machines without adult supervision

Youth Fitness Equipment Certification (ages 11-14)

Your child will meet with a personal trainer for two 1-hour sessions on his or her own to learn the fundamentals of weight training on the Nautilus One weight machines while focusing on safety and proper lifting technique. By appointment only - call the center for details.

Class	Resident	Non-Resident
Private (two 1-hour sessions)	\$50	\$62
Semi-Private (2 children for two 1-hour sessions)	\$25 (per child)	\$31 (per child)
Group (between 5-10 children for four 1-hour sessions)	\$40 (per child)	\$50 (per child)

Fitness & Wellness (cont.)

WELLNESS SEMINARS

Healthy Exercise (ages 16+)

Have you tried the no pain/no gain approach to fitness year after year only to find yourself quitting your exercise program before you have reached your fitness goals? This seminar is for those who want to feel energized, healthier and inspired as a result of their workouts, rather than depleted or injured. This lecture is facilitated by a Medical Exercise and Post-Rehab Specialist and will provide you with key tips on how to achieve your health and fitness goals safely and effectively. Please register by Monday, January 19th.

Day: Wednesday
Dates: 7500.101 - January 21
Time: 6:30 - 7:30 pm
Fee: FREE

Health at Every Size (ages 16+)

Health at Every Size is a weight neutral approach to health and well-being that focuses on intuitive eating, the natural diversity of body shape and sizes, and exercise for enjoyment and enhanced quality of life. Please register by Monday, February 2nd.

Day: Wednesday
Dates: 7501.101 - February 4
Time: 6:30 - 7:30 pm
Fee: FREE

Intuitive Eating (ages 16+)

The strategies provided in this seminar will help you to gain control of your eating habits through appetite awareness. This seminar will explore the difference between hunger, satiation, fullness and over fullness and on how to prevent overeating and/or skipping meals. These tendencies are not only normal, but also manageable with the practice of Intuitive Eating. This seminar will help you set yourself up for success as you strive to reach you health and wellness goals. . Please register by Monday, March 2nd.

Day: Wednesday
Dates: 7503.101 - March 4
Time: 6:30 - 7:30 pm
Fee: FREE

YOUTH SESSION BASED PROGRAMS

Preschool Yoga Dance (ages 3-5)

This class is a kids yoga at its best with singing, dancing, yoga stretching, and quiet focused breathing. Boys and girls alike will enjoy this upbeat, fun, music-filled class. Please have your child wear loose, light-weight clothing.

Day: Thursday
Dates: 7555.101 - January 8 - January 29
7555.102 - February 5 - February 26
7555.104 - April 9 - April 30
7555.105 - May 7 - May 28
Time: 11:00 am - 12:00 pm
Fee: R \$39 / NR \$49



Jump N Rope (ages 7-14)

This jump rope class is taught by a 5-time world champion and other amazing world jumpers and will get your child's heart pumping in a fun and challenging environment! This class focuses on the fundamentals of learning the ropes; single rope skills, double dutch and Chinese wheel. With over 10,000 tricks, your child is guaranteed to never have a dull moment and each 4-week session teaches different jump roping skills so learning new skills and having fun are endless! Free rope with registration.

Day: Tuesday
Dates: 7505.101 - January 6 - January 27
7505.102 - February 3 - February 24
7505.103 - March 3 - March 24
7505.104 - April 7 - April 28
7505.105 - May 5 - May 26
Time: 4:00 - 5:00 pm
Fee: R \$39/ NR \$49

Jump N Rope Intermediates (ages 7-14)

Has your jumper passed the level 1 skill tests and has what it takes to move on with their jumping talents? This class will focus on the choreography of jump rope, combining tricks with music and creating synchronized routines. The class will also work on the competitive aspects of jump rope including speed, power, and single and partner routines. Travel to local performances and competitions are also goals of this class, so future jump rope champions and performers, this class is for you! Each participant will receive a free JumpNRope t-shirt. Athletic shoes and comfortable attire is recommended (if you are not certain which class your child belongs in, please email the instructor at MollyMetz@att.net or go to the JumpNRope website at www.JumpNRope.com).

Day: Tuesday
Dates: 7506.101 - January 6 - January 27
7506.102 - February 3 - February 24
7506.103 - March 3 - March 24
7506.104 - April 7 - April 28
7506.105 - May 5 - May 26
Time: 5:00 - 6:00 pm
Fee: R \$39/ NR \$49

Fitness for Kids (ages 11-14)

Knowing how to exercise is a resource kids can use the rest of their lives. This fun class will cover the fundamentals of strength training, core strengthening, cardiovascular exercise and flexibility training. Upon completion of this class participants will be certified to use the Nautilus One weight machines, cardiovascular equipment and track (must still be with parent/guardian when on equipment until age 13). A Certified Personal Trainer will teach your preteens and teens how to exercise and how to have fun doing it!

Day: Monday and Wednesday
Dates: 7527.101 - January 12 - February 18
7527.103 - March 2 - April 8
7527.104 - April 20 - May 27
Time: 4:15 - 5:15 pm
Fee: R \$49/ NR \$59

NO SCHOOL DAY

Join us for a day of climbing, gym games, swimming, and arts and crafts while you have a day off from school! Bring a bathing suit and towel, a sack lunch and two snacks. Before and after care is also available during this program for an additional fee. Before care starts at 8:00 am and after care ends at 6:00 pm.

Day: Friday
Dates: 3801.102 - February 27
Time: 9:00 am - 5:00 pm
Fee: R \$29 / NR \$39
Ages: 6 - 12

CAMPS

Erie Spring Break Camp

Join us for a week of fun! Creative arts, climbing, swimming, dodge ball, soccer, basketball, and more will fill your child's days. Just to add to the fun, all campers will go on a field trip on the Thursday of Spring Break week. Before and after care is also available during this program for an additional fee. Before care starts at 8:00 am and after care ends at 6:00 pm. Space is limited so register early! Parent packets will be available by February 1st. Each participant must have a packet completed prior to attending camp.

Day: Monday - Friday
Dates: 3801.103 - March 30 - April 3
Time: 9:00 am - 5:00 pm
Fee: R \$129 / NR \$159
Ages: 6 - 12

Erie Summer Camp

Looking for fun activities for your children this summer? Send them to the Erie Summer Camp! Weekly activities include: arts and crafts, sports, field trips, swimming, climbing, games and a whole lot more! Before and after care is also available during this program for an additional fee. Before care starts at 8:00 am and after care ends at 6:00 pm. Registration begins February 28. Log onto www.eriecommunitycenter.com for general information, enrollment forms, field trips selections, and more! We offer payment plans!

Day: Monday - Friday
Dates: 3811.206 - June 1 - June 5
3812.206 - June 8 - June 12
3813.206 - June 15 - June 19
3814.206 - June 22 - June 26
3815.206 - June 29 - July 3
3816.207 - July 6 - July 10
3817.207 - July 13 - July 17
3818.207 - July 20 - July 24
3819.207 - July 27 - July 31
3820.208 - August 3 - August 7
Time: 9:00 am - 5:00 pm
Fee: R \$149 / NR \$179
Ages: 6 - 12

Camps & More!

FAMILY FUN NIGHT

Friday night is Family Fun Night at the Erie Community Center! From 6:00 - 8:00 pm come climb the wall, swim in the pool, play games in T-Town and the gym and much more. Each night will be a different theme with different activities! Check at Guest Service for more information. Family Fun Night is free with your pass; daily admission rates apply.

January 9, February 6,
March 6, April 17 & May 1

Parents' Night Out

Saturday 6:00 - 9:00 pm

Parents - want to enjoy a night out on the town while your kids enjoy three hours of recreation fun including climbing, swimming, food and all kinds of games and activities? All programs are supervised by ECC Staff.

January 24, February 28,
March 21, April 25 & May 9

Fee: R \$10 / NR \$12.50
Sibling Rates Available



Register
February 28

Preschool & Toddler

ARTS AND CRAFTS



Twoosy Doodlers (ages 22 months - 3 years)

This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating. Children leave class with a "FRAMEDOODLED" masterpiece ready for display. New projects every month. Dress for mess.

Day:	Friday
Time:	9:00 - 9:45 am
Dates:	3200.101 - January 9 - February 13 3200.102 - February 20 - March 27 3200.104 - April 10 - May 15
Time:	10:00 - 10:45 am
	3203.101 - January 9 - February 13 3203.102 - February 20 - March 27 3203.104 - April 10 - May 15
Fee:	R \$65 / NR \$79 \$18 material fee due to instructor on first day

Mini Doodlers Matisse and me (ages 3 - 5)

Enjoy six weeks of creating art using different media and tools while learning about famous artists past and present. We introduce the techniques of master and contemporary artists and then create our own unique masterpieces based on our own interpretation of those techniques. We will learn about painting, collage, watercolor, and pastels using high quality artist's supplies. Most of the children's artwork will go home in a "FRAMEDOODLE" ready to display! New projects every month. Dress for mess.

Day:	Thursday
Dates:	3201.101 - January 9 - February 13 3201.102 - February 20 - March 27 3201.104 - April 10 - May 15
Time:	11:00 - 11:45 am
Fee:	R \$65 / NR \$79 \$18 material fee due to instructor on first day



HARMONY'S A.C.T. (Appreciating Children's Talents)

For program information please visit www.harmonysact.com or call Harmony at (303) 665-3229.

Messy Mondays (ages 2-4)

This is a great drop off art class for your little artist. Each week will be a new theme and each class students will take home three art projects. We will be exploring all type of non-toxic art materials. We will also play, sing, and have a snack. No class February 16 or March 30.

Day:	Monday
Dates:	3306.101 - January 12 - February 23 3306.103 - March 9 - April 20
Time:	9:30 - 11:00 am
Fee:	R \$129 / NR \$159

Princess Camp (ages 2-4)

Come discover the wonders of spring. Make three princess crafts, play, dance, and make a yummy snack to eat.

Day:	Thursday
Dates:	3305.104 - April 2
Time:	9:00 - 11:00 am
Fee:	R \$29 / NR \$39

Pirate Camp (ages 3-5)

Aye Matey! Join us on an adventure across the sea! Make three great pirate crafts, have a snack, and play! Come dressed in your favorite pirate garb!

Day:	Thursday
Dates:	3302.103 - March 26
Time:	9:00 am - 12:00 pm
Fee:	R \$39 / NR \$49

Fairy Camp (ages 3-6)

Calling all fairies to join us as we explore the enchanted life of fairies! Make a fairy garden, fairy wings and more.

Day:	Friday
Dates:	3303.103 - March 27
Time:	9:00 am - 12:00 pm
Fee:	R \$39 / NR \$49

Under the Sea Camp (ages 3-6)

Come explore what lives under the sea! We will make jelly fish, rainbow fish, and a shark! We will play, act out the Rainbow Fish, have a healthy snack, and make three crafts.

Day:	Friday
Dates:	3301.103 - March 20
Time:	9:00 am - 12:00 pm
Fee:	R \$39 / NR \$49

Tiny Adventurers (ages 3-5)

Toddlers ages 3 to 5 can partake in this enjoyable program while their parents/guardians workout! This class meets once a week for two hours and children will swim, play in the indoor playground, participate in a wide range of activities, and enjoy arts and crafts. Leave the kids with us and enjoy a break! Swimming will take place during week 3 of the program. No class March 31.

Day:	Tuesday
Dates:	3220.101 - January 27 - February 24 3220.103 - March 10 - April 14
Time:	9:00 - 11:00 am
Fee:	R \$49 / NR \$59



Computer Classes for Kids (ages 2 1/2-5)

Each computer class combines a fun age appropriate learning adventure with sophisticated technology concepts in a creative way that teaches your child to use computers as a tool. Children work on their own wireless laptops using Imagine Tomorrow software that is custom built for each lesson. Each lesson will adjust in difficulty based on your child's academic and technical ability levels. Small classes allow for personalized instruction. Parents can keep track of their child's progress by accessing lessons learned during each class and practicing with activities at home.

Day:	Tuesday
Time:	9:00 - 9:45 am
Dates:	3230.102 - February 3 - February 24 3230.103 - March 3 - March 24 3230.104 - April 7 - April 28
Time:	10:00 - 10:45 am
Dates:	3231.102 - February 3 - February 24 3231.103 - March 3 - March 24 3231.104 - April 7 - April 28
Fee:	R \$39 / NR \$49



DANCE

Payment plans are available for all youth dance classes. **Late registration will not be accepted after February 1.**

Creative Movement (ages 2 1/2 - 3)

A coordination class for the little dancer who wants to get a taste of what dance is all about. Basic dance moves, steps and concepts are explored. No class April 1.

Day:	Wednesday
Dates:	3281.101 - January 7 - April 29
Time:	11:30 am - 12:00 pm
Fee:	R \$109 / NR \$139

Creative Movement - Pre-Ballet/Tap (age 3)

The Pre-ballet and tap dancer learns coordination steps such as skipping, hopping, etc. We will also teach a few basic ballet steps. Tap focuses on steps to help the dancer become quicker with their feet. No class April 1

Day:	Wednesday
Dates:	3282.101 - January 7 - April 29
Time:	10:00 - 10:45 am
Fee:	R \$129 / NR \$159

Creative Movement - Pre-Ballet/Tap (age 3)

Day:	Thursday
Dates:	3284.101 - January 8 - April 30
Time:	10:00 - 10:45 am
Fee:	R \$129 / NR \$159 No Class April 2

Creative Movement - Pre-Ballet/Tap (age 3)

Day:	Thursday
Dates:	3286.101 - January 8 - April 30
Time:	1:00 - 1:45 pm
Fee:	R \$129 / NR \$159 No Class April 2

Creative Movement - Pre-Ballet/Tap (age 3)

Day:	Saturday
Dates:	3288.101 - January 10 - May 2
Time:	10:00 - 10:45 am
Fee:	R \$129 / NR \$159 No Class April 4

Creative Movement - Pre-Ballet/Tap (age 4)

Day:	Wednesday
Dates:	3283.101 - January 7 - April 29
Time:	10:45 - 11:30 am
Fee:	R \$129 / NR \$159 No Class April 1

Creative Movement - Pre-Ballet/Tap (age 4)

Day:	Thursday
Dates:	3285.101 - January 8 - April 30
Time:	10:45 - 11:30 am
Fee:	R \$129 / NR \$159 No Class April 2

Creative Movement - Pre-Ballet/Tap (age 4)

Day:	Thursday
Dates:	3287.101 - January 8 - April 30
Time:	1:45 - 2:30 pm
Fee:	R \$129 / NR \$159 No Class April 2

Creative Movement - Pre-Ballet/tap (age 4)

Day:	Saturday
Dates:	3289.101 - January 10 - May 2
Time:	10:45 - 11:30 am
Fee:	R \$129 / NR \$159 No Class April 4

Preschool & Toddler (cont.)

MUSIC

Music Together (ages newborn - 5 years)
All children are musical! This natural ability grows best in the early years from birth until five. Music Together class provides a playful, musically rich and developmentally appropriate setting that helps children develop a love of music as well as the skills they need to participate confidently and joyfully in music making their whole life. Parents learn how to play musically with the child and how to understand and enhance music development.

Materials:
The CD you receive in class is of the highest quality and professionally recorded. This CD includes all the songs for the semester. In addition to two copies of the CD you receive a songbook, and a parent guide with a DVD explaining music development in early childhood.

GYMNASTICS

Gymnastics and tumbling classes will be offered at both the center and in Gina’s Super Bus. All classes meet in the south gym. For more program information call Gina at (303) 828-3383. An annual \$10 registration fee will be collected by the instructor on the first day of class. Please bring check or cash only.

TUESDAY PM				
3270.101	Ages 2 - 5	2:45 - 3:30 pm	Jan. 13 - Mar. 24	R \$119 / NR \$149
3270.104	Ages 2 - 5	2:45 - 3:30 pm	Apr. 7 - May 19	R \$75 / NR \$95
3271.101	Ages 6 - 9	3:45 - 4:30 pm	Jan. 13 - Mar. 24	R \$119 / NR \$149
3271.104	Ages 6-9	3:45 - 4:30 pm	Apr. 7 - May 19	R \$75 / NR \$95
WEDNESDAY AM				
3273.101	Ages 2 - 3	9:15 - 10:00 am	Jan. 14 - Mar. 25	R \$119 / NR \$149
3273.104	Ages 2 - 3	9:15 - 10:00 am	Apr. 8 - May 20	R \$75 / NR \$95
3274.101	Ages 3 - 5	10:15 - 11:15 am	Jan. 14 - Mar. 25	R \$119 / NR \$149
3274.104	Ages 3 - 5	10:15 - 11:15 am	Apr. 8 - May 20	R \$75 / NR \$95
3275.101	Ages 3 - 5	11:15 am - 12:00 pm	Jan. 14 - Mar. 25	R \$119 / NR \$149
3275.104	Ages 3 - 5	11:15 am - 12:00 pm	Apr. 8 - May 20	R \$75 / NR \$95
THURSDAY AM				
3210.101	Ages 2 - 3	9:15 - 10:00 am	Jan. 15 - Mar. 26	R \$119 / NR \$149
3210.104	Ages 2 - 3	9:15 - 10:00 am	Apr. 9 - May 21	R \$75 / NR \$95
3211.101	Ages 3 - 5	10:15 - 11:15 am	Jan. 15 - Mar. 26	R \$119 / NR \$149
3211.104	Ages 3 - 5	10:15 - 11:15 am	Apr. 9 - May 21	R \$75 / NR \$95
THURSDAY PM				
3276.101	Ages 2 - 5	2:45 - 3:30 pm	Jan. 15 - Mar. 26	R \$119 / NR \$149
3276.104	Ages 2 - 5	2:45 - 3:30 pm	Apr. 9 - May 21	R \$75 / NR \$95
3277.101	Ages 6 - 9	3:45 - 4:30 pm	Jan. 15 - Mar. 26	R \$119 / NR \$149
3277.104	Ages 6 - 9	3:45 - 4:30 pm	Apr. 9 - May 21	R \$75 / NR \$95
FRIDAY AM				
3278.101	Ages 2 - 3	9:15 - 10:00 am	Jan. 16 - Mar. 27	R \$119 / NR \$149
3278.104	Ages 2 - 3	9:15 - 10:00 am	Apr. 10 - May 22	R \$75 / NR \$95
3279.101	Ages 3 - 5	10:15 - 11:00 am	Jan. 16 - Mar. 27	R \$119 / NR \$149
3279.104	Ages 3 - 5	10:15 - 11:00 am	Apr. 10 - May 22	R \$75 / NR \$95
3280.101	Ages 3 - 5	11:15 - 12:00 pm	Jan. 16 - Mar. 27	R \$119 / NR \$149
3280.104	Ages 3 - 5	11:15 - 12:00 pm	Apr. 10 - May 22	R \$75 / NR \$95

Additional Registration Fee:
An additional registration fee of \$37 (per family) is due the first day of class to the instructor. The additional registration fee for Moxie Moms is \$17. Babies are free up to 8 months when registered with a sibling. Please be sure to bring check or cash to the first day of class. For more information, visit www.MusicTogetheroftheRockies.com or call Shari Griswold at (720) 280-5871. Register through the center.

Day: Wednesday
Dates: 3215.101 - January 7 - March 11
3215.104 - April 8 - June 10
Time: 9:00 - 9:45 am
Fee: R \$135 / NR \$169 - Sibling Fee \$80

Day: Wednesday
Dates: 3216.101 - January 7 - March 11
3216.104 - April 8 - June 10
Time: 10:00 - 10:45 am
Fee: R \$135 / NR \$169 - Sibling Fee \$80

DANCE

Payment plans are available for all youth dance programs. Late registration will not be accepted after February 1.

Beginner Ballet/Jazz (ages 5-7)
For the dancer that has had very minimal dance experience; less than 2 years. No Class April 1.

Day: Wednesday
Dates: 3262.101 - January 7 - April 29
Time: 4:00 - 5:00 pm
Fee: R \$139 / NR \$169

Beginner Ballet/Tap (ages 5-7)
For the dancer that has had very minimal dance experience; less than 2 years. No Class March 31.

Day: Tuesday
Dates: 3264.101 - January 6 - April 28
Time: 4:00 - 5:00 pm
Fee: R \$139 / NR \$169

Intermediate Ballet/tap (ages 5-7)
For the dancer that has at least 2 years dance experience. No Class April 1.

Day: Wednesday
Dates: 3265.101 - January 7 - April 29
Time: 5:00 - 6:00 pm
Fee: R \$139 / NR \$169

Intermediate Ballet/Jazz (ages 5-7)
For the dancer that has at least 2 years dance experience. No Class March 31.

Day: Tuesday
Dates: 3266.309 - January 6 - April 28
Time: 5:00 - 6:00 pm
Fee: R \$139 / NR \$169

Intermediate / Advanced Jazz and Ballet (ages 7-12)
For the dancer that has at least 4 years dance experience. No class March 31

Day: Tuesday
Dates: 3268.101 - January 6 - April 28
Time: 6:00 - 7:00 pm
Fee: R \$139 / NR \$169

ARTS AND CRAFTS



Abrakadoodle Media Art Workshop (ages 6 - 12)
No School! Take advantage of your child’s spring break! Children will get their creative juices flowing while composing their very own unique mixed media masterpieces using paint and a variety of other medium. Projects introduce master and contemporary artists, history, techniques, and ignite the imagination. Most of the children’s artwork will go home framed and ready to display! Don’t miss out on the fun. Children leave with an important piece of framed artwork. Bring a peanut-free snack and a drink. Dress for mess.

Day: Thursday
Dates: 3204.104 - April 3
Time: 9:30 - 12:00 pm
Fee: R \$35 / NR \$49

HARMONY’S A.C.T. (Appreciating Children’s Talents)

For program information please visit www.harmonysact.com or call Harmony at (303) 665-3229.

Mother’s Day Gift Making (ages 4-8)
Make mom a great homemade gift and wrap it up in time for Mother’s Day!

Day: Friday
Dates: 3308.105 - May 8
Time: 3:00 - 4:30 pm
Fee: R \$29 / NR \$39

Picasso Camp (ages 5-8)
Come discover your Picasso side. We will look at Picasso’s Blue Period, make an abstract art painting on canvas, and learn to sculpt with wire.

Day: Monday
Dates: 3304.103 - March 30
Time: 2:00 - 4:00 pm
Fee: R \$29 / NR \$39



TRAINING CLASSES

American Red Cross - Babysitter's Training (ages 11 - 15)
The American Red Cross Babysitter's Training course provides individuals, ages 11-15, with the information and skills necessary to provide safe and responsible care for children in the absence of parents or guardians. Please bring a pen/pencil and a sack lunch. Babysitter's Handbook is included in the cost of the class.

Day: Saturday
Dates: 3250.102 - February 7
3250.105 - May 9
Time: 9:00 am - 4:30 pm
Fee: R \$59 / NR \$75

American Red Cross - Babysitter's Training Bootcamp (ages 11 - 15)
This American Red Cross Babysitter Bootcamp Training course provides individuals, ages 11-15, with First Aid and CPR/AED certification along with the information and skills necessary to provide safe and responsible care for children in the absence of parents or guardians. Attendance is required at all three nights to obtain certification. Please bring a pen/pencil and a snack. Babysitter's Handbook and CPR manual is included in the cost of the class.

Day: Monday, Tuesday, and Wednesday
Dates: 3250.103 - March 30 - April 1
Time: 5:00 pm - 9:00 pm
Fee: R \$79 / NR \$99



KARATE



Uechi Ryu is an Okinawan martial art that consists of both Chinese Kung Fu and Japanese Karate influence. Uechi Ryu is based off the Dragon, Tiger, and Crane styles of Chinese Kung Fu, but is taught using Japanese tradition and methodology. Uechi Ryu Karate Do teaches students how to fight in close combat, utilizing fast kicks and punches, throwing, and joint locks while using the body's "center" in order to optimize the amount of power. This style of Karate concentrates on body conditioning, kata, and two person partner exercises in order to train. Uechi Ryu is characterized by using toe kicks instead of the ball of the foot, circular blocks, open hand techniques, and one knuckled punches.

Karate for Beginners (ages 6-13)

Day: Monday and Thursday
Dates: 3290.101 - January 5 - January 29
3290.102 - February 2 - February 26
3290.103 - March 2 - March 26
3290.104 - April 6 - April 30
3290.105 - May 4 - May 28
Time: 5:00 - 6:00 pm
Fee: R \$45 / NR \$ 57 - Sibling Fee \$35

Karate for Intermediates (ages 6-13)

Day: Monday and Thursday
Dates: 4290.101 - January 5 - January 29
4290.102 - February 2 - February 26
4290.103 - March 2 - March 26
4290.104 - April 6 - April 30
4290.105 - May 4 - May 28
Time: 6:00 - 7:00 pm
Fee: R \$45 / NR \$ 57 - Sibling Fee \$35

OPEN GYM SCHEDULE

Please call the center for open gym times as they will vary throughout the winter/spring.

ADULT SPORTS

Level of play is recreational and fees must be paid in full at time of registration. To qualify as a resident team, 50% or more of the roster must be Erie residents.

Basketball

Men's Basketball League (ages 18+)
This is a 5 on 5 basketball league. The season will consist of an 8 game schedule with the last week of play being positional playoff games. First place will be awarded a prize at the end of the season. Registration deadline is January 10 for the winter league and March 14 for the spring league. Roster max is 10.

Day: Tuesday
League: 2100.101 - Winter League
Date: January 20 - March 10

League: 2102.103 - Spring League
Date: March 24 - May 12

Time: 5:45 - 9:45 pm
Fee: R \$475 / NR \$595

Women's Basketball League (ages 18+)
This is a 3 on 3 basketball league. Leagues are limited to 6 teams. The season will consist of an 8 game schedule with the last week of play being positional playoff games. First place will be awarded a prize at the end of the season. Childcare is available during league play. Registration deadline is January 10 for the winter league and March 14 for the spring league. Roster max is 6.

Day: Wednesday
League: 2101.101 - Winter League
Date: January 21 - March 11

League: 2103.103 - Spring League
Date: March 25 - May 13

Time: 5:45 - 8 pm
Fee: R \$235 / NR \$295

Walleyball and Racquetball

Wallyball (Ages 18+)
Stop by the center on Tuesday nights and participate in an exhilarating game of wallyball. Pick up games will be available anytime from 7:00 - 9:00 pm in the racquetball courts. You know you want to play! For both men and women.

Racquetball Challenge (Ages 18+)
See how you stack up against the competition on Thursday nights. Come in anytime between 6:00 - 9:00 pm, get your name on the board and see how long you can hold the court! For both men and women. If interested, please call the center by Tuesday of each week.

Volleyball

Coed Volleyball League (ages 18+)
Leagues are limited to 8 teams. The season will consist of an 8 game schedule with the last week of play being positional playoff games. First place will be awarded a prize at the end of the season. Registration deadline is January 10 for the winter league and March 14 for the spring league. Roster max is 12.

Day: Thursday
League: 2120.101 - Winter League
Date: January 22 - March 12

Day: Thursday
League: 2121.103 - Spring League
Date: March 26 - May 14

Time: 5:45 - 9:45 pm
Fee: R \$275 / NR \$345

Softball

Coed Softball League (ages 18+)
Leagues are limited to 8 teams. The season will consist of an 8 game schedule with the last week of play being positional playoff games. First place will be awarded a prize at the end of the season. Registration deadline is March 21 for the spring season and May 29 for the summer season. Roster max is 15.

Day: Sunday
League: 2151.103 - Spring League
Date: March 29 - May 17

Day: Sunday
League: 2153.205 - Summer League
Date: June 7 - July 26

Time: 1:00 - 5:00 pm
Fee: R \$399 / NR \$499

Men's Softball (ages 18+)
Leagues are limited to 8 teams. The season will consist of an 8 game schedule with the last week of play being positional playoff games. First place will be awarded a prize at the end of the season. Registration deadline is March 21 for the spring season and May 29 for the summer season. Roster max is 15.

Day: Sunday
League: 2150.103 - Spring League
Date: March 29 - May 17

League: 2152.205 - Summer League
Date: June 7 - August 2

Time: 1:00 - 5:00 pm
Fee: R \$399 / NR \$499

FREE AGENT

Looking for a team? Call the center with your name, sport of interest, age, ability, and availability to be added to our free agent list!

Youth Sports

YOUTH SPORTS

Soccer

Coed Instructional Soccer (ages 4 - 5)

These 5 week clinics are specifically offered for 4 - 5 year old boys and girls. Participants will be introduced to the basic fundamentals of soccer (kicking, passing, dribbling, shooting and more). No official games will be played. Clinics will be held once a week for 5 weeks. Fee includes a t-shirt. Registration deadline is March 28. Parent packet available January 2.

Date: April 6 - May 8
Fee: R \$25 / NR \$31

Day	Time	Location
Monday 1170.104	5:15-6:00 pm	Arapahoe Ridge Park
Monday 1171.104	6:15-7:00 pm	Arapahoe Ridge Park
Tuesday 1172.104	5:15-6:00 pm	Country Fields Park
Tuesday 1173.104	6:15-7:00 pm	Country Fields Park
Wednesday 1174.104	5:15-6:00 pm	Coal Creek Park
Wednesday 1175.104	6:15-7:00 pm	Coal Creek Park
Thursday 1176.104	5:15-6:00 pm	Northridge Park
Thursday 1177.104	6:15-7:00 pm	Northridge Park
Friday 1178.104	5:15-6:00 pm	Northridge Park
Friday 1179.104	6:15-7:00 pm	Northridge Park

Coed 1st & 2nd Grade Soccer

This program is for both boys and girls. Erie teams will play against other Erie teams with no traveling required. Teams are coached by volunteers. Practices will be held twice a week and games will be played on Saturday mornings. Fee includes game shirt, shorts and socks. All players must provide their own shin guards as they are required during play. Soccer cleats (toeless front cleat) are recommended, but not required. No steel cleats or baseball cleats allowed. Registration deadline is March 7th. Parent packet available January 2.

Day: Monday - Saturday
Date: March 16 - May 9
Age: 1178.103 - 1st-2nd Grade (6-7 years)
Fee: R \$32 / NR \$40

3rd - 8th Grade Soccer (ages 8 - 14)

This is a recreational sports program for boys and girls that provides the opportunity to compete on teams in an organized setting. Teams are coached by volunteers. Practices are held twice a week with games being played on Saturday mornings and/or afternoons; time and locations TBD. Fee includes game jersey, shorts and socks. All players must provide their own shin guards as they are required during play. Soccer cleats (toeless front cleat) are recommended, but not required. No steel cleats or baseball cleats allowed. Registration deadline is February 21st. Parent packet available January 2.

Day: Monday - Saturday
Date: March 2 - May 9
Age: 1180.103 - 3rd - 4th Grade Girls
1179.103 - 3rd - 4th Grade Boys
1182.103 - 5th - 6th Grade Girls
1181.103 - 5th - 6th Grade Boys
1184.103 - 7th - 8th Grade Girls
1183.103 - 7th - 8th Grade Boys
Fee: R \$39 / NR \$49

Girls' Softball

8U Softball (ages 7-8)

Teams are coached by volunteers. Practices are held twice a week. Games are played at both home and away locations; TBD. Teams will play against other Erie and Carbon Valley teams. Fee includes game jersey, shorts, socks and a visor. All players must provide their own glove. Softball cleats are recommended, but not required. Age as of January 1st, 2009. Registration deadline is March 28. Parent packet availabe January 2.

Day: Monday - Friday
Date: April 20 - June 29
Age: 1155.104
Fee: R \$35 / NR \$44

Youth Softball (ages 9-18)

Teams will compete in the Indian Peaks Girls Softball Association. Teams are coached by volunteers. Practices will be held twice a week with games being played at home and away locations according to the game schedule and league; times and locations TBD. Fee includes game jersey, shorts, socks and a visor. All players must provide their own glove. Softball cleats are recommended, but not required. Age as of January 1, 2009. Registration deadline is March 14. Parent packet available January 2.

Day: Monday - Saturday
Date: April 1 - July 11
Age: 1156.103 - 10U
1157.103 - 12U
1158.103 - 14U
1159.103 - 18U
Fee: R \$45 / NR \$56

Tee Ball

Coed Instructional Tee Ball (ages 4-5)

Participants will be introduced to the basic fundamentals of Tee Ball (throwing, hitting off a tee, running the bases, and more). No official games will be played. Clinics will be held once a week for 5 weeks. Fee includes a t-shirt. Registration deadline is May 9th. No class on Monday, May 25th. Parent packet available January 2.

Date: May 18 - June 22
Fee: R \$25 / NR \$31

Day	Time	Location
Monday 1150.205	6:00-6:45 pm	Arapahoe Ridge Park
Monday 1155.205	10:00-10:45 am	Arapahoe Ridge Park
Tuesday 1151.205	6:00-6:45 pm	Country Fields Park
Tuesday 1156.205	10:00-10:45 am	Country Fields Park
Wednesday 1152.205	10:00-10:45 am	Country Fields Park
Wednesday 1157.205	6:00-6:45 pm	Country Fields Park
Thursday 1154.205	6:00-6:45 pm	Coal Creek Park
Friday 1155.206	10:00-10:45 am	Northridge Park

Coed Tee Ball (ages 5-6)

Players are placed on teams that play against other Erie Recreation Tee Ball teams. Teams are coached by volunteers. No traveling will be required. Practices are held once or twice per week. Games will be played on Tuesday evenings. Fee includes hat, game jersey and pants. Age as of June 1, 2009. Registration deadline is May 2. Parent packet available January 2.

Day: Monday - Friday
Date: 1160.205 - May 11 -July 14
Fee: R \$32 / NR \$40

Baseball

Coach Pitch (ages 7-8)

This is a recreational summer program. Teams are coached by volunteers. Practices are held twice a week. This is an in-house league with no traveling required. Fee includes game jersey, hat, pants and socks. All players must provide glove. Baseball cleats are recommended but not required. No steel cleats. Age as of June 1, 2009. Registration deadline is May 2. Parent packet available January 2.

Day: Monday - Friday
Dates: May 11 - July 17
Fee: R \$35 / NR \$44

Youth Baseball (ages 9-14)

This is a recreational summer program. Teams are coached by volunteers. Practices are held twice a week. Games are played at home and away locations according to the game schedule and league; times and locations TBD. Fee includes game jersey, hat, pants and socks. All players must provide glove. Baseball cleats are recommended but not required. No steel cleats! Age as of June 1, 2009. Registration deadline is May 2. Parent packet available January 2.

Day: Monday - Friday
Date: May 11 - July 17

Age: 1162.205 - Pee Wee (9-10 years)
Fee: R \$45 / NR \$56

Age: 1163.205 - Juniors (11-12 years)
Fee: R \$45 / NR \$56

Age: 1164.205 - Seniors (13-14 years)
Fee: R \$49 / NR \$63

Racquetball (ages 7-13)

Let's play racquetball! This class is a four week introduction to racquetball. Classes will focus on basic rules of the game, beginning stroke mechanics and having fun! Please bring with you a racquet with wrist strap & goggles. We will provide balls. Registration deadline is January 12.

Day: Thursday
Age: 7-10 years
Date: 1147.101 - January 15 - February 5
1147.102 - February 12 - March 5
Time: 3:30 - 4:15 pm
Fee: R \$39 / NR \$49

Day: Thursday
Age: 11-13 years
Date: 1145.103 - January 15 - February 5
1145.104 - February 12 - March 5
Time: 4:15 - 5:00 pm
Fee: R \$39 / NR \$49

Sports Mix (ages 3-6)

This is a great program which gives children the opportunity to sample a variety of sports. Sessions are 5 weeks long and a different sport will be featured each week. Fee includes a t-shirt. Parent packet available Janauary 2, 2009.

Day: Monday
Fee: R \$29 / NR \$39

Jan. 19 - Feb. 16	Time	Feb. 23 - Mar. 23
1130.101 3-5 Years	9:15-10:15 am	1130.104 3-5 Years
1130.103 3-5 Years	10:15-11:15 am	1130.102 3-5 Years
1131.101 6 Years	4:30-5:30 pm	1131.104 6 Years
1131.102 6 Years	5:30-6:30 pm	1131.103 6 Years

Active Adults

COLUMBINE LOUNGE ACTIVITIES

The Columbine Lounge is open Monday - Friday, from 8:00 am - 4:00 pm. You are welcome to stop by for a cup of coffee, join others who are playing a variety of games, log on to one of our four computers, read a book, or enjoy visiting with others. Participation in the lounge is free of charge to residents and non-residents. All other center facilities require an admission fee.

DROP-IN ACTIVITIES

You are welcome to drop in anytime during our lounge hours to play your favorite game. Join us during these times when others will be playing the following games or activities. These scheduled times are ongoing.

Mon - Fri	8:00 am - 4:00 pm	Wii Games
Tuesday	12:30 pm	Bridge
Wednesday	9:30 am	Quilting Group
Friday:	10:00 am	Drop-in games

THE Wii IS HERE!

You have probably heard about this fun, interactive Nintendo game station that is the best thing going right now. You are welcome to play the multitude of games in the Columbine Lounge. It is easy to learn and loads of fun. If you hear a lot of screaming and hollering, you will know just where to find us.

LUNCHES

Lunches are served every Thursday at 12:15 pm. Join us for the social hour beginning at 11 am. Reservations are required by Tuesday at 5:00 pm by calling (303) 926-2795.

AFTER LUNCH PROGRAMS

After each Thursday's lunch, join us for a free program. We have a variety of topics and guest speakers or entertainment. They begin at approximately 12:45 pm and are open to anyone, whether you eat lunch with us or not.

COMMUNITY RESOURCE PROGRAM

Boulder County Aging Services Division provides a Care Coordinator, Veronica Contos, to handle information and assistance as well as care coordination/case management services to seniors, 60 and over, and their families residing in Erie and in the surrounding unincorporated Boulder County and Weld County. She is available on a part-time basis. Call Veronica Contos at (303) 828-6588 for assistance.

IMPORTANT PHONE NUMBERS

Recreation Coordinator	303.926.2795
Active Adults 60 & Over	
Meal Reservation for Thursday Lunch	303.926.2795
Community Resources Program	
Care Coordinator	303.828.6588
Erie Food Bank	303.828.3546
Special Transit	303.447.9636
Boulder County DA Consumer Affairs	303.441.3700
Weld County DA Consumer Affairs	970.356.4010
Erie Police Department	303.926.2800
Mountain View Fire Dept.	303.772.0710
Meals on Wheels East Boulder County	303.665.0566
Weld County Senior Nutrition Program	970.353.3800
	Ext. 3323
Boulder County Housing	720.564.2281
Authority (Victor Smith Housing Campus)	

ARE YOU INTERESTED IN THESE DROP-IN ACTIVITIES?

Knitting & crocheting, chess, world affairs, and canasta. Let us know so we can connect you to others who are interested.

FRIENDSHIP CIRCLE

This program welcomes new residents in Erie and those who have been in the Erie Area for a short time. If you are interested in meeting others, developing friendships, and participating in activities that are organized by the group, please consider joining us. Call 303-926-2795 for a schedule of activities.

SPECIAL EVENTS

Chinese New Year's Celebration

Let's celebrate this special occasion with entertainment from the Bo Hua Chinese School's dancing and martial arts programs. A Chinese dinner adds to the enjoyment of our evening.

Day:	Friday
Date:	5334.101 - January 23
Time:	5:00 - 7:00 pm
Fee:	R \$9 / NR \$11



Valentine's Day Potluck

We welcome our neighbors from the Wattenberg and Carbon Valley Senior Centers to celebrate the Valentine's Day tradition with us. We promise you great food and lots of door prizes. Don't forget to bring some extra money to buy your door prize tickets. Registration is required along with a potluck dish.

Day:	Friday
Date:	5331.102 - February 13
Time:	11:00 am - 2:00 pm
Fee:	Free

Spring Into Wellness

The Easy-C Advisory Committee is hosting this event and is treating you to a day full of special ways to take care of yourself. For more information and registration, contact Jim Kinne at 720-733-6157.

Day:	Tuesday
Date:	February 24
Time:	9:00 am - 2:00 pm

Multicultural Potluck

Celebrate friendship, fun, and fabulous food with our neighbors from Lafayette and Longmont. Bring a favorite dish to share. It is a great time to meet new people. Hosted by the Lafayette Senior Center.

Day:	Monday
Date:	5332.103 - March 23
Time:	11:15 am - 2:15 pm
Fee:	FREE

Easter Potluck

Don your Easter bonnet and join the Wattenberg and Carbon Valley Senior Centers at this annual get together. Bring your favorite dessert for your potluck dish. Also, bring cash with you to purchase door prize tickets. Hosted by the Wattenburg Senior Center.

Day:	Thursday
Date:	5337.103 - April 2 - Van Ride 5337.104 - April 2 - Drive on your own
Time:	10:30 am - 2:30 pm
Fee:	R \$3 / NR \$5

Older American's Month Celebration

Join us as we honor you this month. Special entertainment and an ice cream social highlight this event. Reservations required.

Day:	Wednesday
Date:	5335.105 - May 6
Time:	1:30 - 3:30 pm
Fee:	Free

Senior to Senior Celebration

Mark your calendar now for the annual "Senior to Senior" Celebration. Erie's Active Adults 60+ will be hosting a pizza party for the graduating seniors of Erie High School. The Easy-C Advisory Committee is sponsoring a scholarship again this year.

Day:	Tuesday
Date:	5326.105 - May 19
Time:	12:00 - 2:00 pm
Fee:	Free



Active Adults (cont.)

TRIPS

Celtic Music Concert

It is Friday afternoon in Longmont with a concert and art show. Lunch before the concert at Village Inn. Price range is \$5 - \$10.

Day: Friday
Date: 5303.101 - January 16
Time: 11:30 am - 5:00 pm
Fee: R \$12 / NR \$16

U.S. Mint Tour

Touring the United States Mint is a fascinating experience and one that will be remembered for a lifetime. Tours cover both the present state of coin manufacturing as well as the history of the Mint. Learn about the craftsmanship required at all stages of the minting process, from the original designs and sculptures to the actual striking of the coins. Lunch following tour at Panera’s. Price range is \$5 - \$10.

Day: Wednesday
Date: 5382.101 - January 21
Time: 9:00 am - 2:30 pm
Fee: R \$4 / NR \$6

Denver FireFighter’s Museum

Learn about the history of the Denver Fire Department at this former fire station. Lunch following at Panzano’s - a popular Italian restaurant in Denver. Price range is \$7 - \$25.

Day: Friday
Date: 5383.101 - January 30
Time: 9:00 am - 2:30 pm
Fee: R \$9 / NR \$12

Hammond’s Candies Tour

Treat yourself to a “Behind the Scene’s Tour”. What better place to visit for your Valentine’s Day treats. Lunch at Applebee’s following the tour. Price range is \$9 - \$15

Day: Tuesday
Date: 5384.102 - February 3
Time: 8:45 am - 2:15 pm
Fee: R \$6 / NR \$9

Retro Loud at Heritage Square

Retro Loud is back by popular demand for a limited run!! Wall-to-wall Rock ‘n Roll!! Since 1998, the Music Hall has presented a series of six popular shows called the “Loud Shows”. Retro Loud is a retrospective of the funniest memories and the most exciting musical numbers from the previous six “Loud Shows”. The cast will lead you on a nostalgic, musical journey from the 1950’s into the 1980’s....from Elvis to the Beatles...from The Village People and beyond. Price includes dinner & show, non-alcoholic beverage, and gratuity.

Day: Sunday
Date: 5385.102 - February 8
Time: 10:45 am - 5:45 pm
Fee: R \$41 / NR \$54

Broomfield Events Center Tour

Get a behind-the-scenes look at the events center, followed by lunch at BJ’s. Price range is \$9 - \$19.

Day: Tuesday
Date: 5325.102 - February 10
Time: 9:15 - 2:15 pm
Fee: R \$4 / NR \$6

Swing! at Candlelight Dinner Theatre

This Tony nominated show celebrates the swing era with high-energy dancing, singing, and acrobatics. Swing! highlights over 30 exuberant songs and tour de force dance sequences backed by a fabulous live swing band. It will make you want to boogie-woogie all the way home. Price includes dinner & show, non-alcoholic beverages, and gratuity.

Day: Wednesday
Date: 5303.102 - February 18
Time: 5:00 - 11:00 pm
Fee: R \$47 / NR \$59

Wings Over the Rockies

Located in the new Lowry community, this historic WW II hangar is filled with an incredible collection of historical aircraft and unique aerospace exhibits. Lunch following at Delectable Egg. Price range is \$5 - \$10.

Day: Wednesday
Date: 5310.103 - March 4
Time: 8:45 am - 2:45 pm
Fee: R \$15 / NR \$19

Boyer’s Coffee Tour

Visit their flagship store, enjoy the aromas, and shop at the gift area. Buffet lunch at Cinzetti’s following the tour. Price is \$6.99.

Day: Tuesday
Date: 5322.103 - March 10
Time: 9:00 am - 2:00 pm
Fee: R \$4 / NR \$6

Downtown Aquarium

The Downtown Aquarium is a world-class aquarium where you will be immersed into the wonders of water. Lunch before our tour at Gelman’s. Price range is \$7- \$15.

Day: Friday
Date: 5391.103 - March 20
Time: 10:45 - 3:15 pm
Fee: R \$13 / NR \$17

National Earthquake Center

Learn about the NEIC operations, the earthquake early alerting service, and earthquakes in general. Lunch following at the Old Capitol Grill. Price range is \$8 - \$10.

Day: Tuesday
Date: 5392.103 - March 31
Time: 9:15 - 3:15 pm
Fee: R \$6 / NR \$9

CSU Vet Hospital

The Open House at the hospital includes lectures, demonstrations, tours through the hospital, and numerous displays put together by the Professional Veterinary Medical students. Lunch following the tour at Black Eyed Pea. Price range is \$5 - \$10.

Day: Friday
Date: 5386.104 - April 3
Time: 8:45 am - 2:45 pm
Fee: R \$4 / NR \$6

State Capitol Historical Tour

The historic tour includes early Colorado history, Capitol construction, the lawmaking process, and more. Lunch follows the tour at Chili’s. Price range is \$7 - \$10.

Day: Monday
Date: 5387.105 - April 13
Time: 8:45 am - 1:45 pm
Fee: R \$5 / NR \$8

Singin’ in the Rain at Candlelight Dinner Theatre

Hollywood in the 1920’s is the setting for this zany, light-hearted stage adaptation of one of the most celebrated musicals of all time. Price includes lunch & show, non-alcoholic beverages, and gratuity.

Day: Sunday
Date: 5393.104 - April 19
Time: 11:30 am - 5:30 pm
Fee: R \$47 / NR \$59

Echter’s Garden Center in Arvada

Walk through the nursery, garden center, and patio store and enjoy spring at its best. Lunch following at Country Buffet. Price range is \$7 - \$10.

Day: Wednesday
Date: 5394.104 - April 22
Time: 9:30 am - 2:30 pm
Fee: R \$4 / NR \$6

Agricultural Heritage Center

The Agricultural Heritage Center at the Lohr/McIntosh Farm typifies how Boulder County’s agricultural pioneers met the successes and pitfalls of working the land over several generations. Lunch following at LePeep. Price range is \$5 - \$10.

Day: Friday
Date: 5325.104 - April 24
Time: 9:15 am - 2:15 pm
Fee: R \$4 / NR \$6

CU Buffoons Concert

CU Buffoons, a premier men’s a cappella group from Boulder will perform at the Fine Arts at Four Program in Brighton. Dinner following at Mojo’s. Price range is \$7 - \$10.

Day: Sunday
Date: 5322.104 - April 26
Time: 2:45 - 7:30 pm
Fee: R \$4 / NR \$6

Rockies vs. San Diego Padres

Let’s go out to the ballgame!

Day: Wednesday
Date: 5399.104 - April 29
Time: 11:15 am - 5:45 pm
Fee: R \$12 / NR \$15

Coors Brewery

Brewery tour includes an overview of the beer making process. Lunch following the tour at Golden Europe. Price range is \$6 - \$12.

Day: Monday
Date: 5398.104 - May 4
Time: 9:00 am - 2:00 pm
Fee: R \$4 / NR \$6

Hudson Gardens Tour

The Hudson Gardens feature thirty acres of gardens in a continuous flow along a mile long walking path. A classic outdoor regional display garden, the gardens reflect a multitude of plants, flowers, and trees. Lunch following the tour at Ruby Tuesday’s. Price range is \$8 - \$10.

Day: Friday
Date: 5353.105 - May 8
Time: 9:00 am - 3:00 pm
Fee: R \$11 / NR \$15

Mother Cabrini / Red Rocks Visitor Center

We will stop at the Red Rocks Visitor Center and Mother Cabrini shrine on the way home. Both tours involve stairs and walking. Lunch on site at the Shiprock Grill. Price range is \$6 - \$10.

Day: Wednesday
Date: 5300.105 - May 13
Time: 9:00 am - 3:00 pm
Fee: R \$5 / NR \$8

Fishing at Thomas Reservoir

Meet at Thomas Reservoir in Erie and join the Parks staff for an enjoyable morning of fishing. Bring your own water, food, bait, & tackle. Dress for the weather. We have a limited supply of tackle if you need it.

Day: Wednesday
Date: 5317.105 - May 20
Time: 8:00 - 11:00 am
Fee: FREE

Rockies vs. LA Dodgers

Enjoy this afternoon game!

Day: Wednesday
Date: 5302.105 - May 27
Time: 11:15 am - 5:45 pm
Fee: R \$12 / NR \$15

Active Adults (cont.)

FABULOUS FEASTS

Lunch at the Doubletree

Enjoy one of the all time favorites of the Erie Active Adults 60+ program. The menu offers a variety of entrees. Price range is \$5 - \$10.

Day: Friday
Date: 5336.101 - January 9
Time: 11:00 am - 2:00 pm
Fee: R \$3 / NR \$5

Dinner at Saltgrass Steak House

The Saltgrass Steak House recaptures the flavor of the open campfire. Steaks, chicken, and seafood, char grilled to perfection. Complete with breads, soups and desserts, made fresh daily. Price range is \$7 - \$21.

Day: Wednesday
Date: 5381.103 - January 14
Time: 4:30 - 7:30 pm
Fee: R \$4 / NR \$6

Lunch at Pappadeaux Seafood Restaurant

The fun and festivity of the French Quarter comes alive at Pappadeaux Seafood Kitchen. Pappadeaux serves the freshest seafood and Louisiana-style favorites. The menu offers a great selection of fresh, flavorful fish, giant salads, rich and delicious appetizers, and finishes off with homemade, delectable desserts so huge you'll be able to share them. The spirit of Mardis Gras is delivered year-around. Price range is \$15 - \$30.

Day: Monday
Date: 5390.101 - January 19
Time: 11:00 am - 2:00 pm
Fee: R \$4 / NR \$6

Breakfast at Eggshell in Arvada

A great little breakfast spot with quality food at an affordable price. Price range is \$6 - \$14.

Day: Tuesday
Date: 5397.101 - January 27
Time: 8:00 - 11:00 am
Fee: R \$4 / NR \$6

Dinner at Frasca's

A neighborhood restaurant inspired by the cuisine and culture of Friulu, Italy. Price range is \$16 - \$35.

Day: Friday
Date: 5380.102 - February 6
Time: 4:45 - 7:45 pm
Fee: R \$4 / NR \$6

Dinner at Outback Steakhouse

Enjoy this popular restaurant in Louisville. We will leave early for the Early Dining Specials for under \$10.

Day: Monday
Date: 5393.102 - February 16
Time: 4:00 - 7:00 pm
Fee: R \$3 / NR \$5

Breakfast at Lucille's

Creole cooking at its best in this quaint, charming Victorian setting. Price range \$5 - \$10.

Day: Wednesday
Date: 5301.102 - February 25
Time: 8:00 - 10:30 am
Fee: R \$3 / NR \$5

Mystery Breakfast

Start your day with a special taste. Price range is \$5 - \$10.

Day: Friday
Date: 5300.101 - March 6
Time: 8:00 - 10:30 am
Fee: R \$3 / NR \$5

Lunch at Colorado Wok

Delicious Chinese cuisine, this is one of Lafayette's favorite eating places. Price range is \$5 - \$7.

Day: Friday
Date: 5306.103 - March 13
Time: 11:00 am - 1:30 pm
Fee: R \$3 / NR \$5

Dinner at Treppeda's

This Italian restaurant nestled in the Niwot downtown area offers daily specials and enticing desserts. Price range is \$11 - \$29.

Day: Monday
Date: 5323.103 - March 16
Time: 4:30 - 7:30 pm
Fee: R \$3 / NR \$5

Lunch at Rib House

Home of Tracy's famous illegal babyback ribs. Voted top BBQ restaurant for the last five years. Price range is \$9 - \$12.

Day: Wednesday
Date: 5306.123 - March 25
Time: 11:00 am - 2:00 pm
Fee: R \$3 / NR \$5

Dinner at Greenbriar

The Greenbriar Inn has been a Boulder County Landmark for over forty years. Originally built in 1873, the newly renovated restaurant sits on 20 acres at the mouth of Left Hand Canyon and offers a country inn atmosphere unique to this part of Colorado. Price range is \$19 - \$34.

Day: Friday
Date: 5309.103 - March 27
Time: 4:45 - 7:45 pm
Fee: R \$5 / NR \$7

Mystery Dinner

The restaurant is a community bistro located in a historic neighborhood. Price range is \$12 - \$31.

Day: Tuesday
Date: 5391.104 - April 7
Time: 4:30 - 7:30 pm
Fee: R \$4 / NR \$6

FABULOUS FEASTS cont

Lunch at Wildflower Tea Room

This restaurant brings a piece of Britain to Broomfield. Price range is \$10 - \$14.

Day: Tuesday
Date: 5312.124 - April 14
Time: 11:00 am - 2:00 pm
Fee: R \$4 / NR \$6

Lunch at Villa Tatra

Built in 1976, it's been a Polish restaurant and art gallery since its inception, named after the Tatra Mountains of Eastern Europe. Price range is \$12 - \$18.

Day: Friday
Date: 5312.103 - April 17
Time: 10:30 am - 2:30 pm
Fee: R \$5 / NR \$7

Dinner at Simm's Landing

Voted "Best View", Simms Landing is a Denver favorite, overlooking the majestic lights of the city. Savor their fresh seafood and steaks while enjoying a comfortable, casual atmosphere. Price range is \$18 - \$31

Day: Friday
Date: 5312.102 - May 1
Time: 4:00 - 8:30 pm
Fee: R \$5 / NR \$7

Breakfast at Aunt Alice's Kitchen

A friendly atmosphere with a large menu and affordable prices. Price range is \$3 - \$6.

Day: Tuesday
Date: 5324.105 - May 5
Time: 8:00 am - 10:30 am
Fee: R \$3 / NR \$5

Mystery Lunch

Friendly atmosphere, serving burgers, grilled specials, sandwiches, wraps, southwest specialties, enchiladas, and more. Price range is \$6 - \$9.

Day: Friday
Date: 5301.115 - May 15
Time: 10:30 am - 2:00 pm
Fee: R \$4 / NR \$6

Dinner at Red Lobster

With superior fish and flavor, Red Lobster is known as the foremost expert in fresh seafood. Price range is \$10 - \$19.

Day: Wednesday
Date: 5301.125 - May 20
Time: 4:30 - 7:30 pm
Fee: R \$4 / NR \$6

Lunch at Chili's

Their menu is extensive and varied. Price range is \$5 - \$10.

Day: Friday
Date: 5301.135 - May 29
Time: 11:00 am - 1:30 pm
Fee: R \$3 / NR \$5

CLASSES

Rubber Stamping

Come join us to make beautiful handmade cards, using fabulous stamp sets and supplies, cool tools, and techniques. Bring your own scissors and double sided adhesive tape.

Day: Monday
Date: 5315.101 - January 26
5315.102 - February 23
5315.103 - March 16
5315.104 - April 20
5315.105 - May 18
Time: 1:30 - 3:00 pm
Fee: R \$3 / NR \$5

AARP Driver Safety Program

This course helps drivers over 50 years of age improve their driving skills and prevent accidents. Some insurance companies will offer a discount to you after you have completed this course.

Day: Wednesday
Date: 5302.101 - March 11 - March 18
Time: 8:30 am - 12:30 pm
Fee: R \$8 / NR \$10

WELLNESS

Lifeline Screening

This important health screening provides preventative ultrasound screenings to help detect plaque in the carotid arteries, abdominal aneurysm, and blockages in the arms or legs. Also, available are blood tests to help identify risk factors for heart disease and diabetes and a complete lipid panel. Register now by calling Lifeline Screening at 1-800-643-6075. Screening will be held on Wednesday, January 28.

Foot Care

Our foot care specialist offers a foot soak, treatment of nails, cuticles, and callouses, and a massage. Thirty minute appointments are available in the afternoon on the first and third Wednesday of the month. Virginia Beggs, RN, has been a foot care specialist for over six years.

Day: Wednesday
Fee: R \$22 / NR \$27

General Interest

GENERAL INTEREST PROGRAMS

American Red Cross - First Aid and CPR/AED Course (ages 12+)

This American Red Cross course covers Adult, Child, and Infant CPR as well as AED and First Aid. Upon completion of the class, participants will receive an American Red Cross certificate valid for one year for CPR/AED and First Aid valid for three years.

Day: Saturday
Dates: 4250.103 - March 14
4250.104 - April 18
Time: 9:00 am -4:30 pm
Fee: R \$65 / NR \$79

Adult Dance - Beginner Ballroom (ages 18+)

This class will teach participants the basic steps of the graceful waltz, foxtrot, and the upbeat tempo of swing dancing.

Day: Thursday
Dates: 4271.103 - January 27 - March 3
Time: 7:00 - 8:00 pm
Fee: R \$49 / NR \$65 - Per Participant
R \$89 / NR \$115 - Per Couple

Adult Dance - Intermediate Ballroom (ages 18+)

This class will teach participants the next level of steps and turns of the graceful waltz, foxtrot, and the upbeat tempo of swing dancing. No class March 31.

Day: Tuesday
Dates: 4272.103 - March 10 - April 21
Time: 7:00 - 8:00 pm
Fee: R \$49 / NR \$65 - Per Participant
R \$89 / NR \$115 - Per Couple

Adult Dance - Beginning Latin (ages 18+)

Come explore the basics of Latin dance. Learn to dance the Salsa, Tango and Meringue. These dances are fun and easy to learn. Come spice up your life! No class March 31

Day: Tuesday
Dates: 4273.103 - March 10 - April 21
Time: 8:00 - 9:00 pm
Fee: R \$49 / NR \$65 - Per Participant
R \$89 / NR \$115 - Per Couple

Adult Dance - Salsa (ages 18+)

A lively Latin dance that is fun and easy to learn. This class will give participants a great experience of Latin culture as well as a fantastic workout through energizing rhythms of salsa.

Day: Tuesday
Dates: 4270.101 - January 27 - March 3
Time: 8:00 - 9:00 pm
Fee: R \$49 / NR \$65 - Per Participant
R \$89 / NR \$115 - Per Couple

Community Dance - (ages 18+)

Join us for an evening of dance. Light refreshments and an hour of free dance lessons provided by Casablanca Dance will get the evening started. Come display your dance skills, or learn new ones as you dance the night away.

Day: Saturday
Dates: 4274.102 - February 21
4274.104 - April 18
Time: 6:00 - 9:00 pm
Fee: R \$9 / NR \$15 - Per Person
R \$15 / NR \$25 - Per Couple



Hunter Education (ages 10+)

This course allows the opportunity for individuals to become familiar with the fundamentals of firearm handling and safety. The Colorado Division of Wildlife requires this certification for all hunters who were born after 1949. In order to complete certification, attendance is required at every class.

Day: Wednesday - Saturday
Dates: 3240.103 - March 4 - March 7
Time: Wednesday - Friday - 6:00 - 9:00 pm
Saturday - 8:00 am - 12:00 pm
Shooting Range - Saturday - 2:00 pm
Fee: \$15

PARENTING CLASSES



Parenting Guide: Setting Limits and Expectations with Young Children (ages 18+)

A 4-week session designed to increase the social and emotional development of young children (ages 1 through 8) through educating, coaching and supporting their parents on how to make desired behavioral changes. Parents select only one behavior to change so that they can become expert at implementing one or two techniques, achieve success, and feel empowered. More than one behavior can be worked on if early success is reached. Class time is confined to 6 hours, but email and phone coaching is provided as needed during the week between classes. Given by Fiona Cattermole, MSW, author of parenting guide: Kids & Kaos: Restoring Calm through Behavioral Change. For more information call Fiona Cattermole at 303-807-1044.

Day: Monday
Dates: 3260.102 - February 2 - February 23
3260.103 - March 2 - March 23
3260.104 - April 6 - April 27
Time: 9:30 - 11:00 am
Fee: R \$59 / NR \$69 - Per person
R \$65 / NR \$75 - Per couple

Birthday Parties & Special Events

BIRTHDAY PARTIES

All parties include one hour of activity and one hour in the party room. Activities include admission to the indoor playground, swimming pool, or climbing wall, for up to 10 children. An additional fee will be charged for each additional child.

Please go to www.eriecommunitycenter.com or contact the center for more information.

Mini-Miners Indoor Playground Party

This package includes party room rental and admission for up to 10 children to the indoor playground. The center will provide a quarter sheet cake in your choice of two flavors, candles, juice/soda, balloons, plates, cups, napkins, and silverware. Our staff will set up/decorate, serve refreshments and clean up. Available only to children 10 years and younger.

Fee: R \$65 / NR \$80

Swimming Pool Party

Includes party room rental and admission for up to 10 children to the swimming pool area. The center will provide a quarter sheet cake in your choice of two flavors, candles, juice/soda, balloons, plates, cups, napkins, and silverware. Our staff will set up/decorate, serve refreshments, and clean up.

Fee: R \$85 / NR \$105

Climbing Wall Party

Includes party room rental and one hour of belay rides for up to 10 children (with a certified climbing staff member). The center will provide a quarter sheet cake in your choice of two flavors, candles, juice/soda, balloons, plates, cups, napkins, and silverware. Our staff will set up/decorate, serve refreshments, and clean up.

Fee: R \$100 / NR \$125



AVAILABLE THEMES (CHOOSE ONE):

Party Color Choices:	Theme Choices:
Pink	Spiderman
Purple	Princess
Blue	Dinosaur
Red	Safari
Green	
Orange	
Black	

Cake/Icing Choices - Vanilla or Chocolate

ADDITIONAL INFORMATION

Fees for additional children:

Mini-Miners	R \$3 / NR \$4
Swimming Pool	R \$4 / NR \$5
Climbing Wall	R \$5 / NR \$6

Pizza is available upon request (\$10 extra per pizza)

SPECIAL EVENTS

Erie Community Center 1st Anniversary
January 3 & 4

Women's Symposium
February 22

Night of the Stars Talent Show
March 7

Spring Fling Erie Running Race Series
April 4
May 16
June 6

9Health Fair
April 18

Arbor Day
April 25

**FOR MORE INFORMATION ON
SPECIAL EVENTS, SPONSORSHIP OR
ADVERTISING, CALL 303.926.2793**

TOWN OF ERIE PARKS AND AMENITIES

	Baseball Fields	Basketball	Drinking Fountains	Fishing	Walking Trails	Handicapped Access	In-Line Hockey Rink	Parking	Picnic Tables	Bar-B-Q Grills	Playground Equipment	Portable Restrooms	Shelters	Soccer/Playing Fields	Tennis Courts	Sand Volleyball	Electricity	Total Acres
Arapahoe Ridge Park 1750 Powell Street	•					•		•	•	•	•	•		•	•			7.3
Candlelight Ridge Park 331 Meadow View Pkwy	•				•	•		•						•				5
Coal Creek Park 575 Kattell	•					•		•	•	•	•	•	•	•				7
Coal Miners Park Well & Main						•		•	•	•	•		•			•		1
Columbine Mine Park Mountain View & Skyline	•				•	•	•	•	•	•		•	•	•			•	8.8
Country Fields Park 1801 Tynan Drive	•		•		•	•		•	•		•	•	•	•				29
Erie Lake North of Arapahoe on HWY 287				•	•	•		•				•						31
Meadow Sweet Farms Park 318 Wheatberry Drive		•			•	•		•	•	•	•		•	•				5
Northridge Park 900 WCR 1.5	•		•			•		•	•		•	•	•				•	18
Thomas Reservoir 119th & Austin Avenue				•	•	•		•	•			•	•					33

PARKS RESERVATIONS

Shelters, park areas, ball fields, and soccer/playing fields are available to rent for your next function. Please call the center at (303) 926-2550 for park fees and availability.



HOW DO I REGISTER?



Online at www.eriecommunitycenter.com
Follow the links to our online registration system



Walk-In - Register in person at the Erie Community Center

WHEN DO I REGISTER?

Residents

Online - November 8
In Person - November 8

Non-Residents

Online - November 15
In Person - November 15

PARTICIPATION

Minimum participation is required for many of our activities and classes; the center reserves the right to cancel any class due to low participation numbers. You will be notified prior to the first class if it has been cancelled.

ACTIVITY REFUND/CANCELLATION POLICY

For activities cancelled by the center, payments will be credited to your account. A refund will be issued on written request.

A full (100%) credit or refund will be issued if:

- withdrawals are requested at least seven (7) calendar days prior to the activity start date
- the participant becomes injured or ill (physician's statement must be presented to Guest Service)
- the participant has a job transfer out of the area (letter from participant's Human Resources Department verifying the transfer must be presented to Guest Service)

A 75% credit or refund will be issued if:

- withdrawals are requested up to six (6) calendar days prior to the activity start date

A 50% credit will be issued if:

- the participant becomes injured or ill (physician's statement must be presented to Guest Service)
- the participant has a job transfer out of the area (letter from participant's Human Resources Department verifying the transfer must be presented to Guest Service)
- No credits or refunds will be issued after activity session is 50% complete.

Late activity registrations will not be prorated.

FACILITIES AND AMENITIES

	Occupancy	AV Cart - DVD, CD, TV, Projector	Bleachers	Microphone	Outdoor Patio	Podium	Projection Screen	Refrigerator/Freezer	Scoreboard	Sink	Sound System	Tables and Chairs	Warming Oven	Wood Floor
Bouldering/Climbing Wall	11													
Briggs multi-purpose room	100	•		•	•	•	•			•	•	•		
Columbine Lounge	40	•		•		•				•		•		
Fitness Studio	35	•		•		•						•		•
Garfield Commons + Kitchen	278	•		•	•	•	•	•		•	•	•	•	
Gym (North, South, Full)	625		•	•		•			•		•	•		•
Kitchen	-							•		•			•	
Lehigh multi-purpose room (stage)	33	•		•		•	•			•	•	•		
Lloyd multi-purpose room	86	•		•	•	•	•			•	•	•		•
Mini-Miners Indoor Playground	45													
Mitchell multi-purpose room	92	•		•	•	•	•			•	•	•		
Pool - Lap Lanes	-													
Pool	429													
Party Room	35	•						•		•		•		
Racquetball Courts	16	•												•

FACILITY RESERVATIONS: Please call the center at (303) 926-2550 to check availability or to reserve facilities.

For facility fees please visit our website.



NEOS is here! What is NEOS? It is an electronic game for the whole body and everybody. Nine exciting games; three skill levels; it is technology with an aerobic twist. Four sleek towers house flashing lights, music and sound effects. Players run back and forth, racing the clock and each other to slap the blinking lights. Each game presents a different set of challenges. Each game strengthens the mind, challenges the body and delights the spirit. NEOS inspires laughter, smiles and high-energy cheers. It encourages memory retention, hand-eye coordination, physical strength and endurance. It encourages teamwork and fosters healthy competition. People of all ages and activity levels can play, watch and enjoy.

Try it out today - FREE with pass or daily admission

*Join us on January 3rd and 4th, 2009
for our 1st Anniversary celebration!*

Detailed event schedule available
at www.eriecommunitycenter.com on December 10th.



Visit us at www.eriecommunitycenter.com

You can register for memberships, activities, request facility
and parks reservations and more. Check it out today - all
from the comfort of your own home!

Erie Community Center

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Erie, CO 80516

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